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ADVERTISER/NEWS

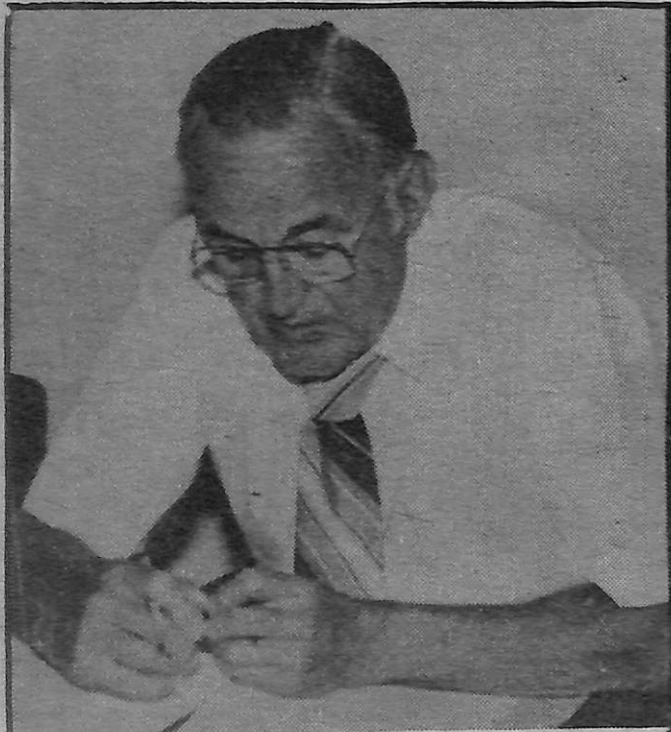
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Agawam's Hometown Newspaper

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Newly-elected School Board Chairman Balboni.

Balboni Elected School Board Chairman

By Joanne Brown

At last Tuesday's meeting of the Agawam School Committee, long-time board member Walter Balboni was elected to serve as chairman for 1981.

The 16-year veteran won his post on a 3-2 vote in the absence of Venetta Snyder and Thomas Ennis. Voting in favor of Balboni in addition to himself were Jessie Fuller and Rosemary Sandlin. Richard Borgatti and Roberta Doering supported Mrs. Doering for the position.

Ennis arrived late to the meeting, but expressed his belated support for Balboni as well.

Chosen to serve as vice chairman was outgoing chairperson Jessie Fuller. Secretary for 1981 will be Rosemary Sandlin.

Balboni will serve as chairman for the first time in his long tenure on the board. Noting that he finally has the time to devote to doing the job properly, Balboni sees budgetary problems due to Proposition 2 1/2 as the major immediate concern.

"Even though I was elected chairman on a divided vote, I am confident that the entire board will fully support me as they have always supported past chairmen," Balboni explained, "I believe I can provide the necessary rapport as liaison between the School Committee and the Town Council, particularly on budgetary problems this year."

Citing his belief that budget preparation has always been his strongpoint, Balboni also plans to remain a member of the sub-committee recently established to work closely with administrators on this year's budget.

"The main reason I've remained on the board for sixteen years is my interest in giving the best education possible to Agawam students, and I intend to do just that and send politics out the window," he declared.

Balboni expressed his desire to have parent groups invited to participate actively in preparing the coming budget. He also stated his hope to reinstate a previous practice of meeting with parent organizations to explain the budget once it has been finalized.

Last year's chairperson Jessie Fuller stated that she believes rotating the chairmanship is a good practice, one that gives various individuals the opportunity to contribute their specialties from that position. She anticipates a successful year under Balboni's leadership and willingly will serve as his vice-chairman.

Pay Raises May Appear Again

By Stephen Gazillo

Town Council's latest refusal to grant an 8.5% pay hike to municipal department heads and supervisors, the only group of town employees not to receive a cost of living increase this year, is not the end of this issue.

At last week's regular council meeting, Town Manager Richard J. Bowen said the question of pay raises is likely to be brought up again when the results of a consultant study on pay scales is presented to the council some time in March or April. Council members voted 9-5 to defeat Bowen's draft of an ordinance providing for the cost of living increase to the town's 28 department heads and supervisors. This marked the third time the item had been brought before the council.

Bowen said the pay scale study could lead to the same conclusion as his ordinance.

Councilor William Herd, who voted against the pay raise, said today the issue is a "very complex one" because of the nature of a previous ordinance that had reclassified positions of town employees.

Herd explained that the "reclassification" ordinance effective July 1 of last year, which was designed to bring salaries of the town's management level positions in line with other posts, is flawed. He said that the reclassification ordinance would place as many as 13 town employees in a position to receive both a merit raise and a cost of living increase, if Bowen's ordinance were to pass. The compounded pay increase would be well in excess of 8.5%, according to Herd.

"I have no objection at all to people getting paid the amount we agreed upon in the original reclassification ordinance, but what I object to is the way it was proposed," Herd said. "The new ordinance only compounds the problem, and as such, I couldn't vote for it."

Herd declared the council should change the original ordinance before granting any new pay increases.

Councilor Stephen Cincotta said he supported the proposed pay increase because it was warranted. He said that the department heads deserve an increase in pay and should have received it based on that.

"I feel bad for the department heads," Cincotta said, "however, now that it has been defeated, councilors should move on to other business."

Councilor John Bartnik said the consultant study is now the only course of action. He said he supports the raise, but had it amended to be retroactive to January 1 instead of July 1 of last year.

Council President Paul Fieldstad said he would have voted for a "4 or 5% pay raise, but not more."

"The reclassification ordinance actually led to about a 3% pay raise for most department heads," Fieldstad said, "but it was not across the board."

He continued, "Department heads deserve an increase, but not to the magnitude the manager has suggested. Also it seemed rather foolish to approve of a consultant study on pay scales and then give raises before the study is done."

Councilor Richard Theroux, who has supported the raise all along, said he was disappointed the pay raise for department heads was not brought up before Proposition 2 1/2.

"They are the only employees of the town not to receive a pay raise this year," he said, "and I don't think that's fair."

Council Tables Rate Hikes

The water and sewer fees proposed by Town Manager Richard J. Bowen that were tabled by Town Council until April was the appropriate course of action for the council to follow according to Councilor Richard Theroux.

Theroux asked fellow councilors to table Bowen's proposals at the council's January 7 meeting and narrowly won approval by an 8-7 vote.

The council's decision to table the water and sewer hikes, which Bowen said may provide the community with an additional \$700,000 to counter-act Proposition 2 1/2, will now be considered as part of upcoming budget deliberations, Theroux explained.

"I think before we pass something of that nature we should work with our budget first while reassessing our entire fee structure," he said.

"After we review the budgets and try to make cuts in accordance with 2 1/2, then we can discuss whether or not it's feasible to charge the citizens higher sewer and water fees."

Theroux said that residents of the community passed Proposition 2 1/2 by more than a two-one margin and, therefore, are sending a firm signal to the council that they are expecting governmental spending to be diminished.

He added that the majority of taxpayers are not in favor of higher sewer and water fees at this time.

"I think once we put the budgets together and try to make as many cuts as we can, then the taxpayers may look at us and say, 'You gave it an honest attempt to implement 2 1/2, and now we don't want our services dramatically so maybe a higher fee for sewer and water is merited.'"

See Fees Con't. Pg. 2

Brrrrrrr!!!



A typical sight for young and old as we all shiver in the arctic weather. Darren Byrne of So.Roberta Circle delivers papers despite Mother Nature's unpleasantness. Photo By Jack Devine.

Initial Decision Grants Schools Line Item Authority

By Stephen Gazillo

School Committees throughout the state will retain the right to cut their budgets where they so decide in spite of the limitations placed on their fiscal autonomy by Proposition 2 1/2, according to a joint opinion rendered by two state commissioners last week.

Commissioner of Revenue L. Joyce Hampers and Commissioner of Education Gregory R. Anrig, in a memorandum sent to local government officials, have agreed that the law as amended by Proposition 2 1/2 does "not allow" the municipal legislative body to limit or transfer specific appropriation items within the school budget."

Under the opinion, the Agawam Town Council will be able to establish the overall amount of the budget of the School Committee, but will have no authority to cut line items, according to School Department Attorney John Teahan.

Teahan today said the case supporting this opinion is strong.

Superintendent of Schools Louis J. Hebert said, "this is not a court decision, but it represents two major agencies dealing with the implementation of 2 1/2 who have agreed that this is a proper reading of its intent."

"This doesn't mean it won't be challenged in the courts," Hebert added.

School Committee member Jessie Fuller called the memorandum "music to our ears." She said it should be the prerogative of the School Committee to cut the budget where they see fit.

Town Council President Paul Fieldstad said that the ruling was not official and that the council is waiting for an official decision from the courts on proper interpretation of Proposition 2 1/2 with respect to control of line items in the school budget.

"I have misgivings whether the council should get involved with line items," Fieldstad said. "My main concern is communication between council and school board. I can live with a decision going either way."

Councilor Robert DeForge, who has previously served on the School Committee's budget committee said, "I feel that the school committee should be closer to the running of the schools than the council is."

"It would be one of the biggest fiascos ever to hit the town if the council had the right to cut the line items of the school department," DeForge added.

Councilor Bonavita Taking Complaints On Auto Excise Bills

Councilor Elena Bonavita has announced that she is currently compiling complaints of all those taxpayers who have paid their excise taxes, but are receiving demand notices for unpaid bills. These demand notices include current bills and those dating up to ten years back.

Complaints are also being compiled of all those taxpayers who, having failed to pay their original excise

bill within the 60-day period, have received demand notices too late to pay the first demand charge of \$10 and so must pay the second demand charge of \$20.

Ms. Bonavita asks all those who have written or called her regarding auto excise tax problems, and even those who have not, to call or write to her detailing your problem as soon as possible.

Administrators Allowed On Teachers' Unit Seniority List

By Joanne Brown

The teachers unit of the Agawam Education Association Tuesday overwhelmingly voted to allow administrators in the association to assume position on the teachers' seniority list in the event of reductions being made due to Proposition 2 1/2.

Unit B members (principals and directors) who may be eliminated from their positions with no other administrative vacancy available to them will now become part of Unit A's (teachers) seniority list. The same criteria as for all other employees will be used, and these individuals will be admitted to Unit A only as reductions in force from Unit B occur, not as a total group.

The approval of this measure allows administrators cut back to be transferred to an open teaching position or to replace a teacher with lower seniority providing the administrator is certified and qualified to fill such a position.

AEA President Peter Lowrey expressed satisfaction with the more than 2/3 majority vote in favor of this change in contract language.

"I'm very pleased with the vote, especially since the executive board had supported the ratification. The fact that more teachers attended the meeting to vote on this issue and then showed such solid support indicates the strong unity within both units of the association," Lowrey declared.

Prior to the vote, Charles Kistner, spokesman for the administrators, detailed some background as to why the two units of the association were originally formed. In his explanation, Kistner emphasized that back in 1975 when the original division occurred, there were only seven principals. These seven reluctantly agreed to form a unit separate from the teachers only after being informed by MTA and School Committee Attorney John Teahan that it was being done all over the state and that they had better do it also.

Teachers in favor of the measure expressed support for those individuals who have put many years into the Agawam school system, first as teachers and then as administrators.

Lowrey echoed the feelings of the majority of teachers saying, "We teachers should support the people we work with who have put in their many years within our system working towards the same goal of quality education."

The ramifications of the approved contract change should affect at most two or three administrators in any one year.



Rich Theroux

Fees From Pg. 1

Council President Paul Fieldstad said that fee increases may be inevitable but added that Bowen's proposal of a 125 percent increase in sewer rates and between a 40-50 percent increase in water rates "is too high."

Several councilors at Wednesday's meeting supported the fee hikes.

Fieldstad said that fee hikes for such items as car dealerships and amusements licenses as proposed by Bowen probably will pass the council.

Water and sewer hikes, which affect all homeowners in the community, however, may not receive a majority vote in April if Proposition 2 1/2's affect on the community appears to be far less than originally expected, which some officials at Town Hall and in the school department privately admit.

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Back At The Table...

Mrs. Fuller Relieved

School Committee member Jessie Fuller says Wednesday morning was perhaps her most relaxing in well over a year.

On the previous evening, Mrs. Fuller relinquished the chairmanship of the school board to long time member Walter Balboni.

It's been a difficult year for Mrs. Fuller which she readily admits.

"There has been dissension on the school board about the Superintendent's salary which is still a sore spot with some of us and an issue that still hasn't been resolved," said Mrs. Fuller.

"But I think being chairman was a learning experience for me and I think it will make me a better member of the committee."

Mrs. Fuller called Balboni a "good choice" and said Balboni possesses a working knowledge of the town's often turbulent political community.

She said this year will be "a year of unpopular political decisions" due to Proposition 2 1/2.

According to Mrs. Fuller, the chairman of the committee must cultivate a rapport with the administration and give board members a direction to help set policy.

Mrs. Fuller also added that several "fences must be mended" during the upcoming year because of the administration's shakeup of the system.

"Mr. Hebert (Superintendent) needs another year to show the committee that he can do the job we hired him to do. He has a lot to offer and hopefully this year will be a better one for him and the board."

Mrs. Fuller said her major disappointment last year was the failure of the Westover Occupational Collaborative to develop into a regional vocational center but promised that vocational education would not be neglected here.

"Vials Of Life" Sticker Program

The Feeding Hills Women's Club and Quota International, Inc., with the cooperation of the Agawam Police and Fire Departments, sponsoring the "Vials of Life" Sticker Program.

Part of a nationwide effort to make vital medical information readily available to emergency medical personnel in case a victim is unconscious or otherwise unable to provide it, this program is especially designed for senior citizens, the handicapped and persons who live alone.

The vial, to be taped inside the refrigerator, will list medical information, medication, name of insurance company, whom to call in case of emergency, and doctor's name. The bright orange stickers on refrigerator doors could save lives.

The Feeding Hills Women's Club will provide a form to record the information, a sticker for the outside of the refrigerator door, and a vial with sticker on it to be taped to the upper right hand shelf of refrigerator. These items may be picked up at the following locations: Feeding Hills Pharmacy, Edward's Drug Store, Agawam Senior Center, or Agawam Public Library.

For further information, contact Mrs. Kenneth Burton, chairman of the Community Service Committee.

How To Prevent Chimney Fires

Chimney fires are on the increase as more and more Americans turn to wood stoves as a supplemental heating source during the cold winter months.

According to Robert W. Martin, farm safety specialist for the Massachusetts Cooperative Extension Service, keeping your chimney clean will prevent fires from occurring.

He recommends checking stove pipes and chimneys often for excessive soot or creosote, especially during the first wood burning season. One method of checking stove pipes is to tap on pipe with a metal object. The sound will change from a metallic to a dull thud as the creosote builds up inside the pipe.

Checking the chimney means inspecting the flue. For a straight flue, open the cleanout door and use a mirror to look inside. For flues with bends, carefully climb onto the roof and look down from the top. If the joints of the tile liner or prefabricated chimney are indistinguishable, then it is time to clean the chimney.

The two ways to clean the chimney are with chemical cleaning agents or by mechanical means. The mechanical method is more popular and uses stiff wire brushes to scrape off loose creosote. These brushes are available at reasonable cost.

Another mechanical method are using a burlap bag containing wire netting weighted with chains or rocks.

If you clean your own chimney, be sure not to breathe the dust and fumes; wearing a respirator of some type is a good idea.

Chemical agents such as sodium chloride (table salt) are sometimes used to clean chimneys. When thrown onto a hot fire, the water released combines with the salt to form a weak hydrochloric acid. The acid fumes attack the creosote, causing small amounts to flake and fall. This method will not remove large build-ups of creosote.

Before cleaning the chimney, close the doors of the stove or seal the front to prevent material from entering the room. Stoves with loose doors and joints should be covered to stop dust and soot from escaping.

Martin notes three ways to keep creosote build-up to a minimum: 1) Use only dry, seasoned logs as green wood produces large amounts of creosote; 2) Locate the chimney on the inside of the house if possible because an exterior chimney will keep the flue cooler, causing a larger build-up; and 3) Keep a fire hot enough to keep the flue warm and avoid smoldering fires which results in dense smoke that carries the most creosote.

Having a hot fire 15-30 minutes every day will burn off the daily accumulation of creosote. This process must be started with a clean chimney, though, because if you have any build-up when you start using this method, you may have a chimney fire.

If you have a chimney fire, first of all call the fire department. Then, if you have a wood-burning stove, close all the openings to do all possible to smother the fire and to prevent the downdraft from blowing sparks into the room.

If the fire continues to burn, use baking soda or a fire extinguisher on it. If this doesn't work, the fire department will already be on the way to take care of it.

Installation of smoke detectors near the sleeping area and far enough away from the stove to prevent false alarms is also recommended.



Walter T. Kerr

Democrats Plan Statewide Caucus

Registered Democrats in Agawam will be holding a caucus on Saturday, February 21 at 2:00 p.m. to elect delegates to a statewide issues convention.

The issues convention, which will be held in Springfield on April 11th, will adopt a platform for the Democratic Party of the Commonwealth of Massachusetts.

Agawam will be electing fourteen delegates, equally divided between men and women, to send to the convention. The apportioned number of delegates has been allocated on the basis of a formula giving equal weight to the Democratic Party registration and the average vote for Democratic candidates in the last general elections for Governor and President.

Walter T. Kerr will call the caucus at 36 Main Street, Agawam. The caucus is open to all registered Democrats in Agawam, but Democrats must be present at the caucus to be eligible to vote. There will be no absentee or proxy voting for any reason.

Candidates for delegate must also be present and give his or her written consent to be nominated and that nomination must be seconded by two persons present at the caucus.

All ballots will be written and secret. Those candidates receiving the greatest number of votes on the first ballot will be elected.

Each candidate will be allowed to make a two-minute speech and to distribute on his/her behalf one sheet of paper listing qualifications and ideas.

State-making is allowed, but no special preference shall be given to slates. There is no quorum requirement for the caucus and no alternates shall be elected.

There will be no admission or expense charge at the caucus, although donations may be solicited.

Discrimination on the basis of race, sex, age, color, creed, national origin, religion, ethnic identity, philosophical persuasion or economic status in the conduct of the caucus is strictly prohibited.

Challenges to the delegate selection process can be filed with the Compliance Review Commission, c/o the Democratic State Committee, 11 Beacon Street, Suite 317, Boston, MA 02108.

Firefighters Association Elects New Officers

The Agawam Firefighters Local 1973 has recently elected new officers and executive board members for 1981.

William Barker will serve as president of the association. William Parent will stand as vice president; Don Curran, secretary; and Ken Blair, treasurer.

Along with the officers, member of the executive board will be Ted Cesan, Joe Cimaroli, Alfred "Junie" Fontana, and Burt Montagna.

Short Takes

With all the auto recall hoo-haw going on, why don't they check on the millions of nuts loose behind the steering wheels?

The worst thing about a cold is that the boss takes your excuse as being something to sneeze at.

Worst thing about giving up smoking is that you find out how bad the air is, once your head clears out.

All breakfast cereal is crunchy if you happen to bite into the premium enclosed.

Inflation is what causes the wrappers of smaller candy bars to puff up so attractively.

Every year, we wonder: If ants are so busy, how do they find time to attend all the picnics?

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500	12.25	21.80	13.45	26.90	19.10	38.20	15.75	31.50	22.45	44.90
600	14.10	24.50	15.20	29.40	22.35	44.70	18.00	36.00	25.90	51.80
700	15.35	27.75	16.95	32.60	25.60	51.20	19.55	39.10	29.45	58.90
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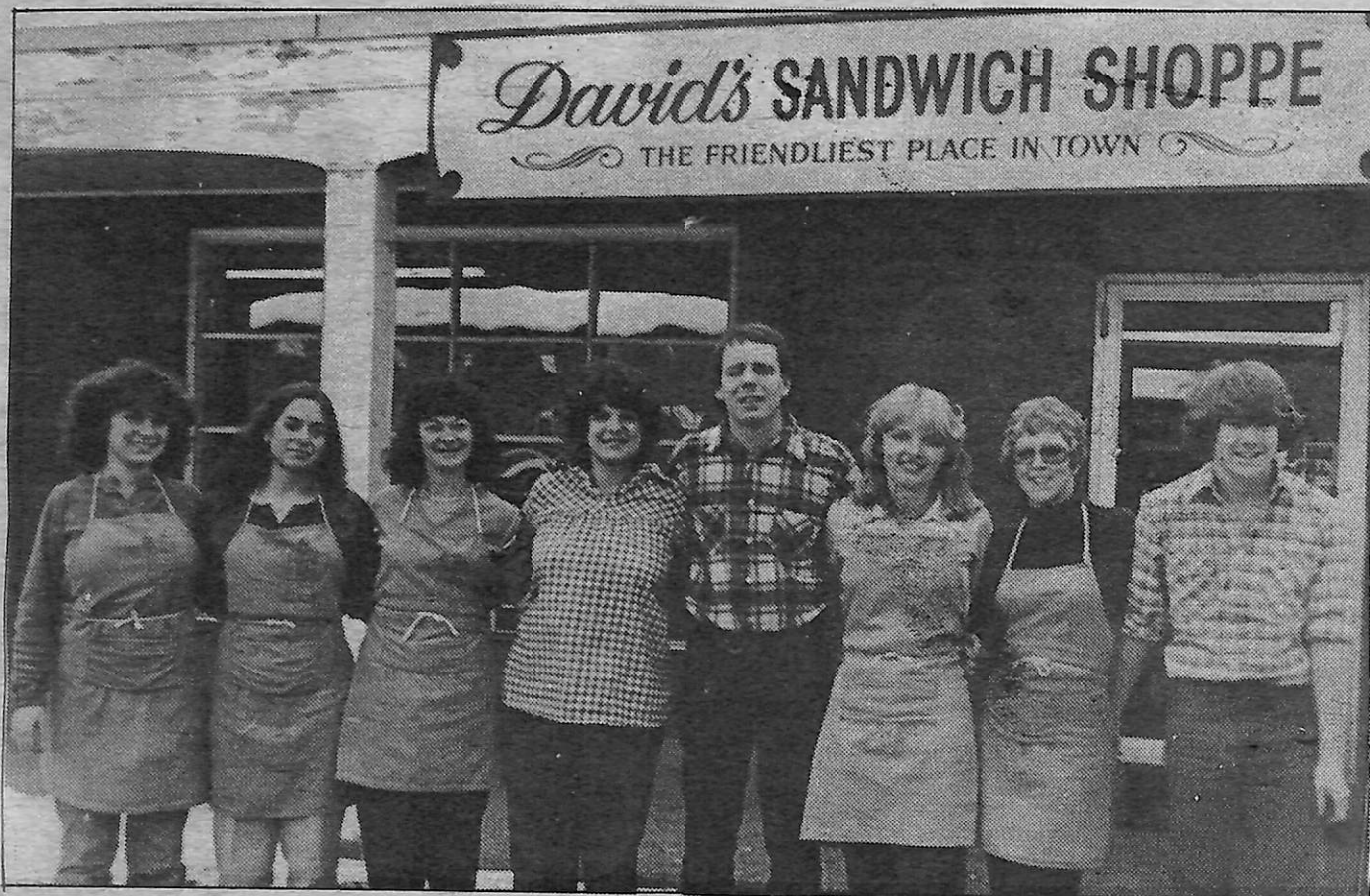
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Good Jan. and Feb. 1981

**David's
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Winter Springs

By Jeanne Hofmann, Agawam Library Staff

Now is the time for the midwinter blues. All those banal realities of bills, taxes, and other worries we have put aside for the holidays are confronting us in full force this month. We can't escape them, but don't you think we owe it to ourselves not to let them get us down? Let's admit it: what we need is to do something nice for ourselves. What we deserve is some merriment to keep us perking until spring.

Here is a bouquet of happy activity ideas for you, along with the hope that they will inspire you in the art of creative self-indulgence. With the library as your resource, they can be a starting point for better ideas of your own.

1) Take a walk in the woods. If this sounds uncomfortable or boring, you may need guidance in how to dress and what to look for. For advice on comfortable clothes, check any book on hiking or cross-country skiing. To enhance your appreciation of nature, browse through Edwin Way Teales' *Wandering Through Winter* or *Winter: A Field Trip Guide* by Helen Ross Russell. When you go out, don't forget to wear a hat and bring your sense of wonder.

2) Buy a present for your house or apartment. You can justify it, even on a tight budget, since January sales lend themselves to blissful bargain hunting. Our consumer advice books tell us that this is the month of best buys for linens, dishes, cookware, and many other items that could make your home a cozier, more welcome haven from the cold cruel outside world.

3) Learn a new skill or hobby. Long winter evenings are ideal for discovering fresh interests. Woodworking, furniture refinishing, needlepoint, oil painting - name an art or craft you would like to try, and you will find a how-to-do-it book at the library to get you started.

4) Live up dinner time with some different menus. Isn't it a nice feeling to come in from the cold to something fragrantly delicious bubbling on the stove? For those in need of confidence, the library offers *You Can Be A Better Cook Than Mama Ever Was* by Elise Meyer. For adventurous spirits, Victor Bonnet's *Polynesian Cookbook* might be your bridge from the ordinary to the spectacular. Don't despair if you are on a special diet. There are plenty of cookbooks filled with tasty recipes for every dietary need.

5) Plan a getaway trip with your favorite person. Even if you can't afford to go right now, look at the fun it will be to think about. Check out *Lovers' Guide To America* and find more than a hundred idyllic hideaways to choose from. Won't that be an inspiration to save all your pennies?

6) Write a letter to someone you like. It could be someone you see every day who needs to be reminded of your affection, or it might be someone special you have lost touch with through time and distance. For inspiration, look through books of quotations and poetry. Read *Postcard Poems! A Collection of Poetry for Sharing*, edited by Paul Janeczko. Surely one of those lyrics will remind you of someone with whom you'd like to share closer communications.

This list could go on and on. You probably have some ideas to add to it. If so, please drop by the library and tell us about them. Maybe we can get a display together with advice for everyone in need of a lift - including ourselves!

Happy January!

Crime Prevention Participation Urged

With a new year just beginning, Agawam Police Officer Skip Rising urges town residents to join forces with others in the community and put a bite on crime.

A key element in crime prevention formula, according to Rising, is the general public, and he points out that crime is truly a community problem that must be viewed as such by all people if a significant reduction is to be accomplished.

You need to use security to protect yourself and your belongings. Use your eyes and ears to be on the lookout for suspicious activity around your homes, neighborhoods, parks and at work.

A clear influence in deterring potential criminal action is the knowledge that the criminal may be seen, reported, and apprehended because of steps taken by individuals.

Forty one neighborhoods within Agawam have undertaken a Crime Watch program since last February with 887 persons attending the meetings. Approximately 1,000 homeowners have participated in Operation Identification.

StageWest Presents Agnes Of God

StageWest's fourth presentation of the '80-'81 season will be the New England premiere of a new American drama, *Agnes of God*, by John Pielmeier. Performances are scheduled for January 15 through February 7, with matinees set for January 21 and 25.

Agnes of God was recently optioned for possible Broadway or television production next year. First presented as a staged reading, the play was provided its professional premiere last spring by the Actors Theatre of Louisville, where it was co-winner for the New American Play Festival.

Regional theatre productions of *Agnes of God* have been followed by special script revisions for the StageWest production. Playwright John Pielmeier will be in West Springfield during the rehearsal of his play.

The confrontation of science and religion is the central conflict of this play. A murder takes place in a convent. The investigation by a court psychiatrist of the accused murderer, a nun, becomes a bold and compelling journey toward the renewal of faith.

Appearing as the psychiatrist will be Tana Hicken, seen locally as Birdie in the Berkshire Theatre Festival production last summer of *The Little Foxes*. Agnes, the accused nun, will be played by Monique Fowler, a member of the Trinity Square Repertory Company in Providence, Rhode Island. Mother Miriam Ruth, the Mother Superior of the convent, is played by Gloria Cromwell, a veteran of numerous television dramas, soap operas, and commercials.

StageWest's production of *Agnes of God* will be directed by Richard Gershman. Sets will be designed by Brian Jackins, with lighting by Paul Horton, and costumes by Jan Morrison.

Tickets range in price from \$5.50 to \$10.50 and are available at the StageWest Box Office, 781-2340. Discounts of up to 20% are available to groups of twenty or more, and Visa and Mastercard are accepted.

Samantha READS YOUR STARS

If you were born this week: You are inventive, creative, and original. You are very tolerant and broad-minded toward others, even when their beliefs and behaviors are quite different from your own. You value personal freedom and independence and are usually to be found rooting for the underdog.

ARIES (3-21/4-19): Look for lots of new faces on your scene, Aries, including several very fine budding friendships. Group activities also claim your attention, particularly those with a cause. And, don't forget that romantic full moon!

TAURUS (4-20/5-20): News from a distance gets your week off to a fine start. Then, Taurus, choose your costume for a masquerade and be sure it includes a poker face. Later, Cupid lights your fires and days close with a bit of elbow grease.

GEMINI (5-21/6-20): Though you'll be tempted by several schemes, Gem, try to be conservative with your money. Long shots and dark horses just won't finish first this week. Expect a good word, a visitor, and a huggable halt.

MOONCHILD (6-21/7-22): You can be both coolly logical and very emotional, Moonbaby. The success of a certain joint effort calls for your logic, not your sensitivity. Later, a question of values and a red herring complete your week.

LEO (7-23/8-22): You're so diplomatic yourself, Leo, that you're apt to be thrown for a loop by one who speaks bluntly and rather tactlessly. Don't lose any sleep over it; this turkey talks like that to everybody! Days end with a grin.

VIRGO (8-23/9-22): Someone is likely to over-react this week, Virgo. Try to clear the air immediately so that an uneasy situation has no time to develop. An S.O.S. call for you, a personal decision is reached, and week slips to monied fini.

LIBRA (9-23/10-23): The accent is on sharing and caring in the week ahead, Libby, and their expression can take many forms. A get-together, a dash of romance, and a family member all touch you in a special way. It's a warm week, babe!

SCORPIO (10-24/11-22): Old habits are hard to break for all of us, Scorp, and you aren't an exception. How much you want to break it is the important factor. Where there's a will, sweetheart, there's a way. Or so Samantha says. Luck!

SAGITTARIUS (11-23/12-21): Brush up on your communication skills. Though you love to talk, Sag, you have been known to utter whole speeches before your brain is totally engaged. Practice thinking first, angel. Days troop to noisy end.

CAPRICORN (12-22/1-19): What is best for one person may not be best for everyone. This sticky issue may be one you have to consider in the week ahead, Cappy. Your own innate sense of values stands by to lend a hand. Later, winks and nods.

AQUARIUS (1-20/2-19): Happy Birthday, Aquarius! All the world is your stage; you're both a lover and a fighter, and there just isn't much that doesn't hold interest for you. Enjoy your special season in every way each day, darlin'.

PISCES (2-20/3-20): Cupid's little arrows bring pleasure galore. Then, if full moon activity threatens to send you bonkers, yell for a friendly Virgo to set you right. Later, call a meeting, Pisces, and plan your strategy.

(c) 1981 Suburban Features

Lung Assoc. Offers Breathing Suggestions

Practice pursed-lip breathing. Learn how to cough. Exercise your chest muscles.

These are just a few of hundreds of suggestions in "Help Yourself to Better Breathing," a new booklet published by the American Lung Association especially for persons with emphysema and chronic bronchitis.

First-person stories about how people have learned to cope with breathlessness and specific directions on how to clear breathing passages of mucus are presented. "How-to" hints, exercises for postural drainage and building stamina, identification of troublemakers such as air pollution, and various medicines are all included.

Breathing aids, such as nebulizers and respirators, are described along with a chapter on eating to feel better.

"Help Yourself to Better Breathing" is available from the Western Mass. Lung Association, 393 Maple Street, Springfield, 01105.

Quit Smoking For Better Health

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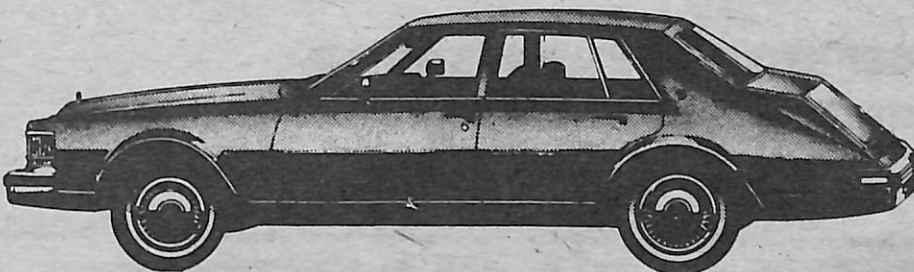
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For Senior Citizens... New Beginnings

By Rita White

How many times have you sat thinking about the "good old days"? Reminiscing about "what used to be"? Do you have any idea how much knowledge and experience you have accumulated and stored up over the years?

As radio, movies and finally television have encroached upon our already fast-paced lives, we have given up a very valuable ancient custom. That of passing on to the next generations our knowledge and experiences. Whatever happened to that heartwarming scene of a little boy at Grandpa's knee, listening in wide-eyed wonderment to some great adventure he had? Or the young girl enchanted by one of Grandma's romantic encounters or Grandma's own adventure as a strong-willed girl standing on her own in a man's world?

I wonder if perhaps the "generation gap" started because the very young and the very old don't talk anymore, and as the very young grow older, they don't know how to talk to the very old. I think it is a terrible loss. And don't forget that history has been written by the passing on of stories.

If you don't have a chance to talk to younger people and tell them some of your experiences, why not write them down or try recording them on a tape recorder. It's a wonderful gift that only you can give. Think about it.

The Agawam Senior Center is planning a super fun-filled trip to the Coachlight Dinner Theatre on Thursday, February 26th, for the matinee. The show is "Babes in Arms." And any of you who have gone before, know what a good meal you will get. The price is \$13.00 for meal and show. The bus will leave the housing project on North Westfield Street at 10:15 and from the Senior Center at 10:45. If you are interested in joining the fun, please call the Senior Center to make your reservations (786-0400, Ext. 242).

For you art lovers, there will be a one-woman art show at the Senior Center for three days, January 20-23. The center is proud to be able to show the works of their own Angela Bachelder. Some of the paintings will be for sale. So, call a friend and add some sunshine to a winter day.

For those Senior Citizens who qualify for food stamps, or aren't even sure if they qualify, applications will be available at the Senior Center on January 21 at 10 a.m. Since there is likely to be quite a few people that are interested, it is advisable you call and make an appointment so that you don't have to wait in line.

In looking over January's menu for hot lunches at the Senior Center, I can't help wondering if I'm looking at a menu or a travelog. What fun it would be to try and dress to match the day's meal. January's menu boasts such things as Hawaiian Chicken, Polish Golumkis, Ethiopian Meatballs, Italian Bread, an Irish favorite Corned Beef and Cabbage, Chicken Chow Mein with Chinese Noodles, Hong Kong Chicken, Spanish Rice, German Sauerkraut-Potato & Sausage Casserole and good old American Franks and Beans. Any of the meals featured is well worth the 60¢.

I hope you gentlemen out there don't think that the Senior Center is only for the ladies. Along with oil painting class, there is a woodworking class. The center also has a men's pool club. You might even find ceramics fun to do. And there is Bingo and on Fridays a card party. Some of you men have found the center and are enjoying the round and line dancing every Monday from 1-3 p.m. Give it a try guys, you'll love it.

Next time you go grocery shopping, remember to check the store brands for pricing. Two shoppers with identical lists shopped in the same store, one buying store brands, the other, name brands. The difference came to almost \$10. There are exceptions, of course, when a store brand is as costly, but it does pay to check.

I hope with 1981 just under way that all of you are thinking of some "new beginnings." Age shouldn't make any difference if you use positive thinking. Take Harlan Sanders, the Kentucky Fried Chicken King. He was 64 when he started his empire. So, if you have an idea, go with it. It's never too late.

Remember, this column is for you. Let us hear from you about what you like and what you'd like to see here. Why not let us know about some birthdays of friends and family who are 60 or older, and we are interested in anniversaries and any other special events in your lives.

TIS TRUE

Eight or eighty,
The sun still shines.
Laughter dries up fallen tears.
Some things don't change throughout the years.

Rita White



Lillian and Robert Meyer, Margaret and George McKillop, and Hope and Walter Benoit are all among our senior citizens who have found "New Beginnings." Photo by Jack Devine.

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As the curtain closes on 1980 and our first full year of service to you, we wanted to review with you some of our past accomplishments, and some of our plans. When we purchased the system in 1979, we promised that our first priority would be extending the system to all areas that were economically feasible. In order to concentrate on construction, the search for more programming to add was put on the back burner. Therefore, 1981 becomes the year to add programming. In the meantime we have:

1. Extended our lines to make service available to 8,000 additional families, which the previous owners were unable or unwilling to do. We now service over 90 percent of the homes in our area.
2. Continued to refine and improve signal quality so that all the customers should have excellent pictures on all channels. Customers suspecting a problem in their cable line should call for free service whereas a TV set problem must be handled by your TV dealer.
3. Increased our subscribers in the area from 20,000 to 24,000.
4. Revised our answering service and after-hours repair procedures to streamline our response and allow the customer to decide if he requires emergency service.
5. Replaced an old and decrepit vehicle fleet with modern new vehicles which have reduced down-time and missed appointments and made many other internal improvements to help guarantee you the finest service possible.

ARE NEW SERVICES PLANNED FOR 1981?

We will be purchasing a satellite earth station in 1981, to allow us to add more programming and we will be contacting many of you for suggestions. Some programming will be included in our basic service while others will be optional extras. Possibilities include:

Nickelodeon - a channel specially for children.
ESPN - all sports all the time 24 hrs/day.
Cable News Network - Ted Turner's 24 hour news channel.
Prime Time - still in discussion stages, a channel for citizens over 50.
CBS Cable - a cultural performing arts service from CBS.

WHAT ABOUT THE FUTURE?

Since our system can be made a "two-way" (permitting return communications from your house) at a relatively modest cost, we plan to keep a close eye on developments in the burglar and fire alarm fields as well as many other promising news services. In short, we are committed to providing you the best of both one-way and two-way services as they become economically desirable to you.

WHY DON'T WE ADD MORE BROADCAST STATIONS?

Federal law continues to strictly limit the broadcast stations we may carry. For example, we cannot add Channel 56 Boston full time without dropping Channel 38, 9 or 11.

WHAT HAPPENED TO CHANNEL 27?

Channel 27's decision to sell their prime hours to a Boston pay TV programmer robs our viewers of that service. We have no choice in the matter. We were only allowed to carry Channel 27 part-time anyway according to FCC rules, and if we could replace it with say Channel 56 we would only carry Channel 56 thirty-five hours per week because of FCC rules.

WHY DO WE HAVE CHANNEL BLACKOUTS?

Even on the stations we carry, Federal law requires that if Channel 3 WFSB Hartford owns the rights to syndicated series or movies which Channel 38 or 9 or 11 plans to carry, we must black them out if Channel 3 asks us to (which they are doing. It doesn't matter if Channel 3 ever shows the programs, all they must do is own the exclusive rights to them (syndicated exclusivity).

These blackouts are performed by computer and if the stations change their schedules or run overtime, they occasionally cause us to cut-off the beginning or end of a show.

We have done a great deal to minimize the effect of this on you and our blackouts are now limited to only 7 percent of the total hours of Channels 38, 9 and 11. We are doing all we can, but at this stage it is simply a problem we must live with.

DO YOU HAVE PROBLEMS WITH YOUR CABLE?

We have truly top quality pictures on all our channels. If the pictures at your house are not top quality, please call us at once. Our service is free and we want you to be happy. But we do not know if you have a problem unless you call and tell us. Regular office hours are 8:30 - 4:30 Mon-Fri., but we handle your emergency calls 365 days a year until 10:00 P.M.

We have a great staff, and they are really working hard to help give you the benefit of the doubt. But if you ever feel the need, must put your complaint in a letter and send it to my attention, and I will be sure to review your request and have someone get back to you on it.

Once again, thank you for your support and for letting us serve you now and in the future.

Sincerely,

Roderick A. MacLeod
Roderick A. MacLeod
President

SOCIAL

Heart-To-Heart Togetherness



Jack Devine poses with this year's heart fund princess, Christine Mahoney, prior to the annual ball sponsored by the Western Massachusetts Heart Association. Devine is chairman of the event scheduled to take place at Chez Josef on February 7th and may be contacted for ticket information.

Clearinghouse ThankYou's

The Agawam Clearinghouse, under the direction of the Agawam Junior Women's Club, would like to thank the following church, civic groups, businesses, and individuals who helped make the holidays brighter for so many families.

Agawam Congregational Church
Catholic Women's Club of Agawam
Cub Scout Troop 77
Agawam Women's Club
Agawam Baptist Church
Agawam-Feeding Hills Grange
Girl Scout Troop 62
Agawam-Burring & Finishing Co.
Building Block Nursery School
Women's Aux. of Polish American Club
Nissen's
Mrs. Phyllis Granger
Mrs. Mary Cincotta
Agawam Lioness
Feeding Hills Federated Community Women's Club
Mrs. Terry O'Connor
Agawam Lions Club
American Legion Post 185
Heritage Hall South
Girl Scout Troop under the leadership of Mrs. Sue Runshaw

Agawam United Methodist Church
Polish American Club

Special thanks is extended to all of the children in grammar schools who brought in canned goods for the drive. Also, to all the girls in the Agawam Juniors who baked and helped deliver to all of the families at Thanksgiving and Christmas.

Joint Women's Clubs Meeting Scheduled

The Agawam Junior Women's Club will host the Agawam Women's Club at their first meeting of 1981 at the Capt. Leonard House on January 20th at 7:30 p.m.

Guest performers for the evening's program will be Bernadette Gutter, pianist, and Karen Grenawalt, violinist. Mrs. Gutter is musical consultant for Milton Bradley and will speak on the new need for music in that area.

Anyone who would like to attend is most welcome.

Arthritis Campaign Issues Early Alert

Play it safe is what the Massachusetts Chapter of the Arthritis Foundation urges all residents to do to protect their bodies against the pain and crippling of arthritis and its nearly 100 related rheumatic diseases.

The local health agency has issued a four-point alert to all citizens of the Springfield area to inform them of the early warning signs of arthritis.

Persistent pain and joint stiffness on arising
Pain, tenderness or swelling in one or more joints
Recurrence of these symptoms
Recurrent pain and stiffness in the neck, lower back, knees and other joints.

If one or more of these symptoms appears, it is essential for a person to seek prompt, proper medical diagnosis to avoid serious joint damage.

The Mass. Chapter will be visiting residents in the Springfield area to distribute arthritis information and raise funds to support its programs and services. If you would like free information on arthritis, call the foundation's toll-free number 1-800-882-1464.

For information on the local chapter which charges no dues for membership, call 732-6501.

Elks Schedule Media Night

The sixth annual Media Awards Night sponsored by the Agawam-West Springfield Lodge of Elks will take place on January 17th at the Elks Lodge on Morgan Road, West Springfield. The dinner will be followed by dance music provided by the Chet Dragon Orchestra.

Master of Ceremonies Dave Madsen, news anchorman from WWLP, will lead the presentation of awards to media personalities Dave Scott, news director of radio station WHYN AM-FM; Keith Silver, news director television station WWLP; and Don Ebeling, political and staff newspaper reporter for the Springfield Daily News.

The Ben Pacitti Award this year will be presented to Tony Nunes, present Scoutmaster for Lodge 2174 Troop 74. Pacitti was scout leader for many years and devoted much time and energy to children. A memorial award is given each year in Pacitti's honor to the individual who best exemplifies this devotion to children.

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Sunday 12-4

"On The Clothesline"



By Penny Stone

JOANN (WHITTLE) POLCHLOPEK and her husband JOE became parents just in time to claim another deduction on the 1980 income tax. The 6 lb, 5 oz bundle of joy, named "JO HANA," arrived by natural childbirth (Lamaze) at 1 a.m. on December 31st.

The new parents are presently living in Missaw in northern Japan where the climate is reportedly very similar to ours and they enjoy four seasons much like our own. Joe, a Chicopee native, is finishing up a three year tour of duty as a decoder for the Navy. The expanded family plans to come home for a short visit in June.

Grandparents BERNARD and THERESA WHITTLE of 39 Kathy Terrace were able to speak by phone with both new parents and to hear the good news directly. Paternal grandparents ED and MARION POLCHLOPEK of Chicopee were also informed long distance.

JoHana has three great grandparents: IRENE GRAVES of Chicopee, WILBROD RIBERTY of Waterbury, Connecticut, and 87 year-old OLIVE RIBERTY of Winooski, Vermont. JoHana, welcome to the world.

Finally found out just what SUSAN AFFLECK-CHILDS (class of '71) is doing out in Chicago...After two promotions in the last two months, Susie has captured the title of Chicago Administration for the Division of Government and Community Services in the Illinois Department of Commerce and Community affair (whew!).

This is a state agency which provides technical assistance to local governments in 18 northern Illinois counties in such areas as municipal management, land use planning, and community economic development.

Susie, daughter of FRED and PAT AFFLECK of 100 South Park Terrace, Agawam, brings to this agency, among other qualifications, a Masters Degree in Urban Planning (MUP), which she earned in 1977 from the University of Michigan.

Susie is living in Chicago with her husband, Laurence M. Childs, a native of Medfield, Mass. Laurence is presently working on his doctorate in management psychology. Both graduated Magna Cum Laude from Hartford College.

Keep up the good work! Agawam is very proud of your accomplishments.

Birthday wishes go out from this desk to three special Capricorn women: to PEARL STEFANIK—who never looks a year older; to RAE DEL BARBA (gotcha!)—a truly beautiful person; and to EDITH LAFRANCIS—our local celebrity and VERY talented lady. May the new year be one of your best.

Join me in the blood line at the Agawam Congregational Church, 745 Main Street on Saturday, January 24th sometime between 10 a. m. and 4 p.m. (The question is: will they be taking mine or giving me some?)

Fifteen year-old JOE LONGO, son of JOE and DOT LONGO of 955 Suffield Street, is coordinating the above mentioned blood mobile event and hopes to earn the Eagle Scout Award in doing so. The award, given for leadership and community improvement, is not often earned by a 15 year-old. Joe, however, loves scouting and has been taking leadership development courses and training right along. Let's all help him reach his goal and help others with our blood at the same time.

Joe reminds us that there is a shortage and "WE NEED YOUR BLOOD." Prospective donors are requested to call 786-1600 to arrange for an appointment. Walk-ins may have to wait. See you all there!

For next week I'd like to hear all about your New Year's Resolutions. Comic or serious. Are you succeeding. How do you feel about them? KEEP THOSE CARDS AND LETTERS COMING IN, FOLKS!

[You are welcome to send items of social or personal interest to Penny at 72 Federal Street '786-9144) or to call 786-7747 to leave a message.]

January 18th is our friendly columnist's birthday. Happy Birthday, Penny. Gotcha!!!

Nicora Elected To Board Of Real Estate Appraisers

It has been announced by the Massachusetts Board of Real Estate Appraisers that Chester J. Nicora, Jr. has been elected to the board of trustees of its organization.

Nicora, owner of Suburban Real Estate of Agawam and Westfield, hold the MRA designation awarded by the Mass. Board of Real Estate Appraisers and is an instructor of Appraisal I at Western New England College.

He is a member of the Greater Springfield Board of Realtors, the Westfield Board of Realtors, the Cape Cod Board of Realtors, the Berkshire County Board of Realtors, and the Massachusetts Association of Realtors. He also holds the CRS designation from the National Marketing Institute.

Grange Schedules Meeting

Community Grange will meet Tuesday evening, January 20th, at 7:30 p.m. in the Grange Home on North West Street.

During the lecturer's program, Master Franklin Allen will introduce the speaker, who will talk on the Money Market. He will discuss investments in a fluctuating and uncertain market where inflation is running rampant. A question and answer period will follow the talk.

A social hour will follow with Mr. and Mrs. Arthur Hastings, Chuck Hastings, and Richard Allen in charge of refreshments.

Airman Young On Leave

Airman 1/C Bryan A. Young, on leave from Luke Air Force Base, Arizona, spent the holiday season at home with his parents, Mr. and Mrs. William F. Young of 499 South West Street, Feeding Hills.

Young has recently completed his level 5 training as an aerospace control and warning systems technician. He is responsible for covering one million square miles of sovereign air space throughout the West Coast and Mexico.

Young was previously stationed at Keesler A.F.B., Mississippi, where he began his career field training.

Save Time & Money

MOVING HOMEWORK — Boning up on movers — their policies, costs, what they do, what they don't do — can be a big help for your next move. Before you engage a long distance hauler, send for free material to guide you from: American Movers' Conference, P.O. Box 9204, Arlington, VA 22200.

OIL PUMP — Save a pump-type hand lotion or hair spray bottle. Wash it and fill with cooking oil. It's handy to spray baking pans, skillets for stir frying, prevent any food from sticking to the pan it's cooked in.

BASKET BATH — Those sleek, chrome bicycle baskets look great in a modern bathroom. They can be wall-hung to hold such items as wash cloths and towels, or used as shower caddies to keep soap, caps and scrubbers together.

SKIN SOAK — Moisturize skin while you shower and get twice the benefit. Keep a bottle of household oil (wheat germ, safflower and peanut are good natural oils) in the shower caddy. Step away from water stream, rub oil on face and body, then wet skin once more. Pat dry. Rub a bit of glycerine on the rough, dry skin of feet and elbows and follow with pumice stone. It will slough off easier after showering.

ONE STEP ... Obtaining a two-tone finish on wood furniture is now possible with One Stroke. This new product eliminates applying a base coat, then a second grain coat, then a finishing coat. One Stroke is available in paint and hardware stores, or write the manufacturer: New York Bronze Powder Co., 201 Bay Ave., Elizabeth, NJ 07201 for where it is available.

(c) 1981 Suburban Features

A Winter Wonder!



Richard Melloni of Pignatara's Texaco station works on a car with the typical winter starting problems we all dread each morning as the arctic weather continues. Photo by Jack Devine.

This'n That

Oh, rats: Barry Groveman, a deputy attorney for Los Angeles, was relaxing in his hot tub when he saw a rat swim out of the filter toward him. He hit the animal over the head and disposed of it. Groveman said the rat "had a funny grin." Maybe he just wanted to be friendly.

A bone of contention: Robert Russell bought a 100-year-old human skeleton at an auction and put it in an open casket in the display window of his Burlington, Vt., furniture store. Someone complained to Chittenden County State's Attorney Mark Keller. Keller confiscated the skeleton because Vermont law prohibits transporting a dead body without

a permit. Russell got one and said the bones will be back in the display window. In all its glory, no doubt.

Artistry in motion: Stephan K. Clark painted a Sunflower supermarket wall in Hammond, La., with a 30-foot picture of Mickey Mouse, making an obscene gesture with a word balloon saying: "We're fed up. Hey, Iran!" He had been contracted to paint the wall yellow. Clark, 29, was arrested on a complaint signed by the manager of the supermarket. A city prosecutor said Clark faced a fine up to \$500 and six months in jail if convicted on a charge of criminal mischief. My sentiments exactly.

American Heart Association
Western Massachusetts Division

Heart Fund Ball

at
Chez Josef

Shoemaker Land, Agawam, MA.



February 7, 1981 \$15 per person

Cocktails 6:30 - 7:30

Dinner: 7:30

Entertainment and Music by
Jay Contrino Orchestra

Tickets may be obtained by calling

732-4121 or 789-0053

OBITUARIES

David E. Cesan

David E. Cesan, 81, of 58 Pheasant Drive, died Sunday, January 11, 1981, in a local nursing home.

He was a former representative of the Eastern States Farmers Exchange, having been employed for 38 years and retiring in 1964.

Born in Canada, he lived in Agawam most of his life and served as town volunteer fireman, town constable, deputy sheriff, and director of the Agawam Woolen Mills.

He was a member of the Christian and Missionary Alliance Church of Westfield and of the Mawaga Sportsmen's Club.

He leaves his wife, the former Lucy Bishop; two sons, Lt. David T. Cesan of the Agawam Fire Department and John S. Cesan, also of Agawam; a daughter Ruth Stephenson of Southington, Conn.; two stepsons, Donald M. Cheetham of Wilbraham and Robert W. Cheetham of Feeding Hills; a sister Emily C. Mattison of Tampa, Fla.; 14 grandchildren and five great-grandchildren.

Curran-Jones Funeral Home was in charge of services with burial in Springfield Street Cemetery.

Anna C. Duclos

Anna C. (Reilly) Duclos, 82, of 158 Maple Street, died Sunday, January 11, 1981, in Mercy Hospital.

Born in Connecticut, she was a longtime resident of Agawam and attended St. Thomas the Apostle Church, West Springfield.

The widow of Frederick Duclos, she leaves a sister Rhea Duclos.

Toomey-O'Brien Funeral Home was in charge of services with burial in St. Thomas Cemetery, West Springfield.

Ethel Edwards

Ethel (Black) Edwards, 89, of 886 Main Street, died Monday, January 12, 1981, in Baystate Medical Center, Springfield Hospital unit.

Born in Ireland, she had resided in Agawam for the last ten years and was a member of the Agawam Golden Age Club.

The widow of William Edwards, she leaves a son, Kenneth; two daughters, Barbara DeForge and Gertrude Walsh, both of Agawam; seven grandchildren; and four great-grandchildren.

Toomey-O'Brien Funeral Home was in charge of services with burial in Oak Grove Cemetery, Springfield.

Catholic Women Slate Supper & Auction

The January meeting of the Agawam Catholic Women's Club will be chaired by the officers and members of the executive board with President Mrs. Philip DeForge presiding.

The meeting will consist of a potluck supper to be held on Monday, January 19 at 6:30 p.m. in the parish center of St. John's Church on Main Street. All members should have been contacted and asked to bring their favorite dishes along with an item for the Penny Auction. The auction will be conducted by Mrs. Barbara Gingras.

Mrs. Donald Wheeler and her committee are in charge of hospitality.



Rev. Frank E. Dunn

Rev. Dunn Seeks Problems' Solutions

Rev. Frank E. Dunn, minister of Valley Community Church, Feeding Hills, and president of the American Institute of Religion, is in Washington, D.C. this week interviewing a number of senators and congressmen regarding the solution to many of our serious community problems.

Long a proponent of citizen action, he has made a number of legislators in the capital aware of the need for decisive action by the federal government once the new administration is in office. According to Dunn, the problems are far from solution and new concepts are essential if changes for the better are to be accomplished.

Some sixty cities in the nation have already approved the Institute's Community Mobilization program for testing. Holyoke and New Britain, Connecticut, in New England were ready to make the test, but federal funding suddenly became unavailable and delays were instituted.

Under the Reagan administration, Dunn expects that a new funding program will be generated and testing of the institute's program and others will be undertaken.

Dunn anticipates seeing more than fifty senators and congressmen on this trip. Each will receive a brochure suggesting the necessary steps that must be taken for the solution to the many community problems as well as the national highway accident problem.

SPAN Center Begins Single Parent Group

The SPAN Counseling Center of Agawam began a single parents group on Monday, January 12, at 6:30 p.m.

Discussions will focus on concerns stemming from life changes common to adults and the issues involved with living alone, separation and divorce, single parenthood and other living transitions.

The group will meet on Monday evenings for ten weeks, and there is no fee. Please call Alice Chornesky at the SPAN Center (786-6410) for more information.

COMMUNITY CALENDAR

January 17th
'Gamblers'
Square Dance
Baptist Church
Main Street
8:00 - 11:00 p.m.

January 17th
Turnverein
Oldies Dance
176 Garden Street
8:00 - 1:00

January 22nd
Robinson Park PTO
Monthly Meeting
School Cafeteria
8:00 p.m.

January 24th
Bloodmobile
Aga. Congo Church
745 Main Street
10 a.m. - 4 p.m.

February 7th
Heart Fund Ball
Chez Josef
6:30 p.m.

February 7th
Basketball Parents'
Smorg & Dance
Polish-Amer. Club
8:00 - 1:00



CURRAN-JONES
FUNERAL HOMES

109 MAIN STREET, WEST SPRINGFIELD, MA.
745 COOPER STREET, AGAWAM, MA.
Telephone 781-7765

Dr. Stephen R. Jacapraro

1379 MAIN ST.

Near corner of
River Road and Main Street
786-8177

Evening and Saturday
Appointments Available
For Your Convenience
GENERAL DENTISTRY
*Medicaid Patients Welcome
*Senior Citizen Discounts Available
*Dental Insurance Plans Accepted
*Participating member of Dental
Service of Mass.

Choose from among
several convenient
payment plans.



Attend Service This Week



We will be running this column weekly to inform you of the hours of services at your house of worship. Activities at your parish hall and other items of interest concerning parish doings may be submitted for publication in our social pages. We encourage parishes to appoint a person to be responsible for publicity. This information is furnished as a public service.

AGAWAM BAPTIST CHURCH

760 Main Street, Agawam
786-7300

Rev. Donald Morris

Sundays: Worship 9:30 a.m.; Jr. Church, 10:00; Church School Classes, 10:30; Jr. High BYF, 7:00 p.m.; Sr. High BYF, Times To Be Announced.

AGAWAM CONGREGATIONAL CHURCH

745 Main Street, Agawam
786-7111

Rev. Floyd Bryan

Rev. Curt Herber

Sundays: Worship 10:30 a.m.; Church School (crib-6th grade) 10:30, (7th-12th grades) 9:15; Jr. Pilgrim Fellowship, 5:30 p.m.; Sr. Pilgrim Fellowship, 6 p.m.

AGAWAM UNITED METHODIST CHURCH

459 Mill Street, Agawam
786-4174 (Church) 786-5278 (Parsonage)

Rev. Paul Woodbury, Jr.

Sunday: Service 9:30 a.m.; Church School, 9:30 a.m.

FEEDING HILLS BIBLE CHURCH

18 So. Westfield Street, Feeding Hills
786-1681

Rev. Richard Hoff

Sunday: Morning Service 10:30; Evening Service 7:00; Church School, 10:30

Wednesday evening: Prayer group meetings 7:00

FEEDING HILLS CONG. CHURCH

21 No. Westfield Street, Feeding Hills
786-5061

Rev. Wilbur Sadler

Sunday: Service 10:00 a.m.; Church School 10:00 a.m.

SACRED HEART CHURCH (Roman Catholic)

1059 Springfield Street, Feeding Hills
786-8200

Fr. Joseph Flood

Fr. Paul Burns

Fr. Richard Ahern

Masses: Saturdays 4:00 and 6:00 p.m.; Sundays 7:30, 9:00, and 11:00 a.m.

ST. ANTHONY OF PADUA CHURCH (Rom.Cath.)

Maple Street, Agawam
786-3274

Fr. Joseph Fellin

Masses: Saturdays 4:00 and 6:30 p.m.; Sundays 8:30 and 10:45 a.m.

ST. DAVID'S EPISCOPAL CHURCH

522 Springfield Street, Feeding Hills
786-9545

Rev. Bruce Benshoff

Sundays: Services 8:00 and 10:00 a.m. and 5:30 p.m.; Church School and nursery at 10:00

Bible Study Group: Sundays at 7:00 p.m.

ST. JOHN THE EVANGELIST CHURCH (Rom.Cath.)

823 Main Street, Agawam
786-8105

Fr. Karl Huller

Fr. Philip Gallerani

Masses: Saturday 4:00 and 6:15 p.m.; Sunday 7:00, 8:00, 9:15, 10:30, and 11:45 a.m.

ST. THERESA OF INFANT JESUS CHURCH (Rom.Cath.)

74 Bridge Street, Agawam
786-4451

Fr. Robert Choquette

Masses: Saturday 5:00 p.m.; Sunday 9:00 and 11:00 a.m.

VALLEY COMMUNITY CHURCH

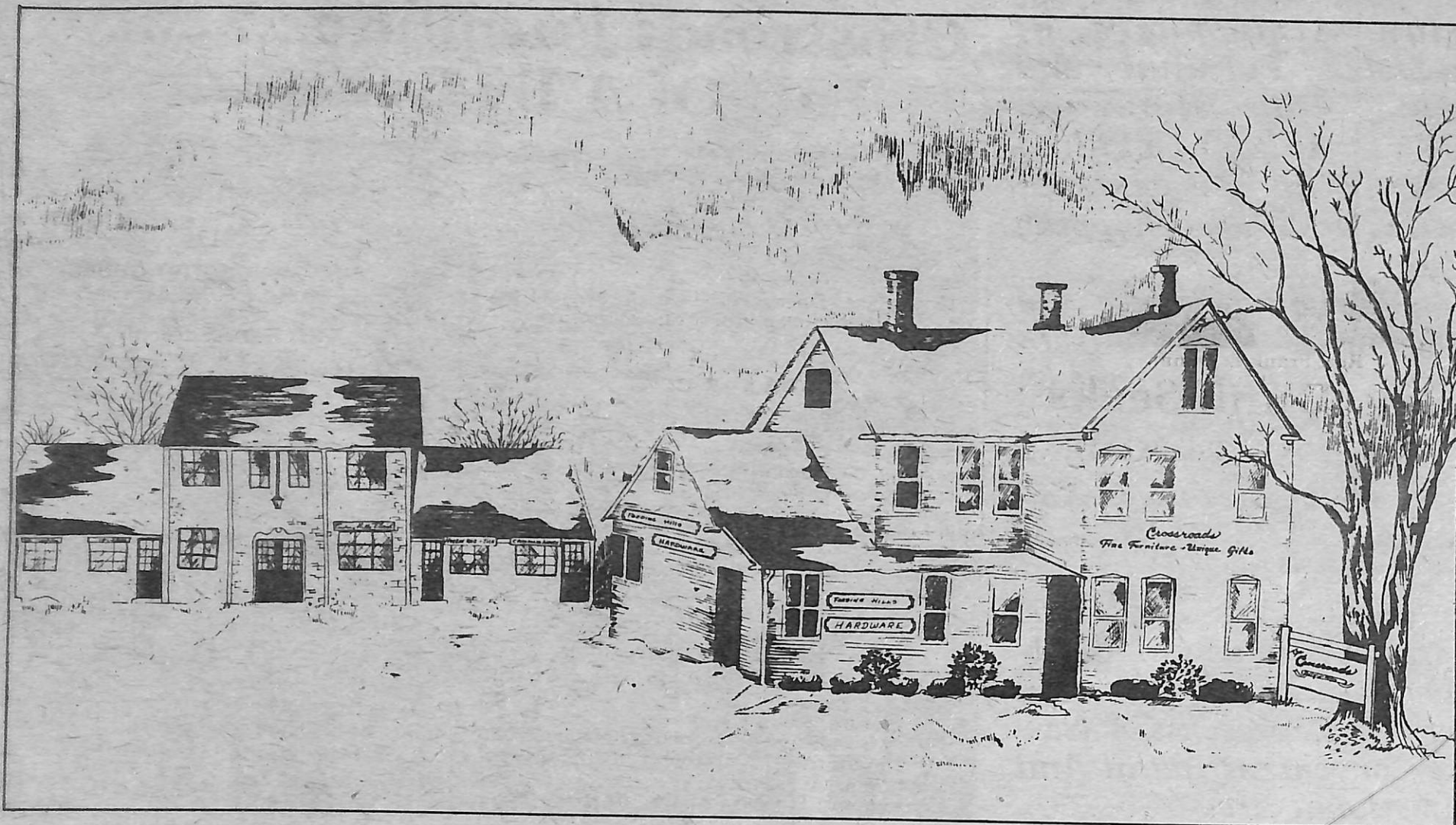
152 South Westfield St., Feeding Hills
786-2445

Rev. Frank E. Dunn

Sunday services, 10 a.m.; Sunday School 10 a.m.

Contribute To
The Church Of
Your Choice

Agawam's Unique New Village "CROSSROADS SHOPPES"



**Feeding Hills Florist
Crossroads Furniture Store
Richard E. Aldrich Insurance
Crossroad Gift Shop
Hoskin Rugs
Feeding Hills Hardware
Piecemakers Quilt Shop**

**Proprietor Ralph DePalma
Welcomes New Tenants And
Asks Local Residents
To Support
CROSSROADS SHOPS
Rental Space Still Available**

"Crossroad Shoppes" The Village

Keeping With The Victorian Atmosphere of Crossroads Furniture and Feeding Hills Hardware, Builder Ralph DePalma Gives Local Residents A Fine New Village Shopping Plaza.

The Original House On THE Corner Was Built In 1845 In The Eighth Year Of Victoria's Reign.....

"Crossroad Shoppes" Maintains That Elegance And Character Of A By-Gone Era.

Interestingly Enough, This Intersection Was Originally Called The Crossroads And Today It Represents A New And Convenient Retail And Professional Area.

We At Advertiser/News Congratulate Mr. DePalma And His New Shopkeepers.

Crossroads Furniture..... Part Of A By-Gone Era



New Crossroad Furniture Store and adjacent Gift Shop owner Dave Paradysz discusses some sales plans with Robin Fredette, an interior decorating specialist available to discuss your decorating needs. Dave and Robin are two of the friendly faces at the four corners shops. Photo by Jack Devine.

The CROSSROADS

5 North Westfield St. Feeding Hills, Mass.
Unique gifts & fine furniture



"OPEN"



UNDER NEW OWNERS

FREE DELIVERY

786-6667

Mon. - Fri. 12-5
Sat. 10-9
Sun. 12-5

SALE
JAN. 11 - 18



Pick your fabric - Allow 6 wks. for delivery



Reg. \$1200

**Tuxedo Sofa
and Love Seat**

\$799⁰⁰

Both Pieces



Browsers Welcome

LOOK AT THIS LIST FOR SUPER VALUES

Cherry Coffee Tables Reg. \$249

NOW \$129

Close Out Sofa Reg. \$399 to \$700

NOW \$199 to \$499

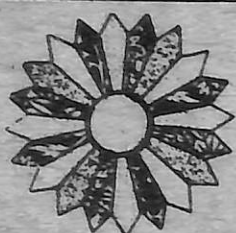
Oriental Design Rugs (6' x 9')

NOW \$149

All Gifts And Pictures

25% off

Age To Shop In Feeding Hills



The Piecemakers
Quilt Shop
Crossroads Shoppes
12 Southwick St., Feeding Hills

Come One, Come All!

To The

GRAND OPENING

Come In, Browse And Register
To Win A Full Size Quilt
Refreshments, Door Prizes
Jan. 13th thru Jan. 17th

**QUILTS FOR GIFTS -
CUSTOM MADE**

Complete Line Of Fabrics
Quilting Supplies
Sewing Notions
Patterns And Books

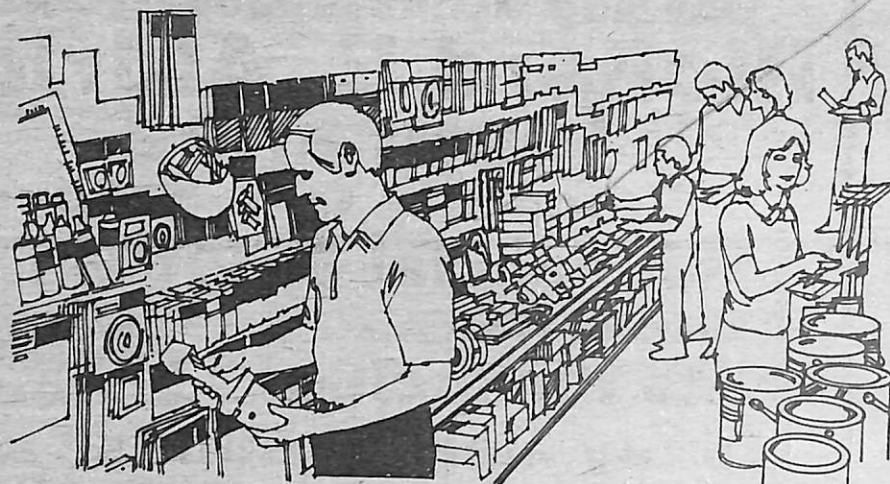
STORE HOURS
TUES., FRI., SAT - 9:30 - 5:00
WED. and THURS. - 9:30 - 9:30
789-1311



Hoskin Rugs And Tile: Now Expands To Town



Duane Melhorn, new manager of Hoskin Rug and Tile Company, brings to the community a sound background in the field representing the Hoskin family who began their business at their current Boston Road location. Feeling the growing pains and seeing Agawam-Feeding Hills as a growing market, the Hoskin family welcomes you to come and ask their expert advice on all your rug and tile needs. Photo by Jack Devine.



Meet Sue At The Piecemakers



Sue Ashe, proud owner of The Piecemakers Quilt Shop has a long line of beautiful custom made quilts and complete line of fabrics. Stop in and see for yourself!

It's our

GRAND OPENING!

**No-Wax Vinyl Flooring
15-25% Savings On
All Stock Items**

**Tremendous Savings On
All Carpet & No-Wax
Flooring In Stock
Save 10 to 33%**

**Quality Flooring
Of All Kinds, At
Reasonable Prices**

**FREE 1/2 in. Pad With
All Stock Purchases**

**Quality Expert Installation
Trust Your Quality Purchase
Only to The Most Qualified.
It Costs No More To Use
The Best Installers.**

HOSKIN RUG & TILE CO.

**Southwick St.
Feeding Hills, Mass.
413 786-8085**

Hours
Mon., Tues., Wed., Sat., 10-6
Thurs. & Fri. 10-9

Richard Aldrich Set For Move



On Monday, January 19th, Richard E. Aldrich Insurance will move into the Crossroad Shoppes. See Dick for all your insurance needs. Photo by Jack Devine.

F. H. Hardware On THE Corner



Owner and Operator of Feeding Hills Hardware Fred Serra has the type of friendly place of business that keeps local residents coming back for more. We wish Fred the best of luck and continued success on THE corner. Photo by Jack Devine.

Opening Monday, January 19th
**Richard E. Aldrich
 Insurance**
 Complete One Step
 Financial Security

- * Insurance
- * Auto Financing
- * Money Market Funds



10 Southwick St., Crossroads Shoppes



**Feeding Hills
 Hardware**



- * Full Line Of Hardware
- * Plumbing And Electrical
 Supplies
- * Glass * Paint * Keys Made

2 Southwick St. Feeding Hills 786-9103

**Feeding Hills
 Florist**

Your Full Service Florist

**Special
 MIXED CUT
 FLOWERS**

\$4.95 Bunch

Cash And Carry

8 Southwick St.
 Crossroad Shoppes
 Feeding Hills



Flowers...



Phyllis and Don Hout of Feeding Hills Florist display one of their beautiful wares..stop in..you'll be hooked. Photo by Jack Devine.

EDITORIAL

What Is An Editorial

Guest Editorial... A Word On Prop. 2 1/2

What is editorial comment?

Week after week the readers of the *Advertiser/News* find in this space an editorial comment on various issues which are confronting municipal bodies elected to steer the governmental functions of Agawam.

The editorial comment which has appeared here and will appear in the future is designed to illuminate these issues and polarize the pro's and con's.

Those of you who read this column may or may not agree with the editorial comment as has been evidenced when various readers have either complimented or disagreed with our position on those issues presented.

And that is precisely the function of an editorial page and editorial comment.

It is to have controversial thought and ideas brought before the voters of this community in the hopes that we can stimulate thought, again, pro and con.

We welcome the comments of our readers either in support of our views or in disagreement.

But most rewarding is the fact that this column is well read and has initiated the type of thought and reaction which is necessary and healthy for a growing, vibrant and active community such as Agawam.

We will continue to present those issues in this editorial comment with the hopes of by doing so we can improve the direction in which our community will proceed in 1981.



**Want To Write A
Guest Editorial?
Call Us At
786-7747
We Want To Hear
From You.**

By Councilor Elena Bonavita

A postcard campaign on 2 1/2 has been kicked off in this area. Only a 10¢ stamp is needed. This was the result of one of my talk shows on WREB. Supporters of 2 1/2 realize the need to reinforce their stand on 2 1/2 by sending cards to their State Senators and Representatives asking them to vote against any changes that might weaken or delete any parts of 2 1/2.

One would assume a 2/3 margin was enough to get the message across to our local and state officials. Indeed the support from the people has been so strong that it has been the prime factor for the many meetings of our officials, especially when one such official, namely Sen. Sisitsky, found out the hard way that the people were not so easily put off.

These so-called meetings have been no more than a conspiracy to deceive the people.

FACT: The Mass. Municipal Association released a 2 1/2 booklet entitled *Help*. Included in the booklet was a suggestion on public awareness. To make sure that all decisions on cutbacks and loss of services were given much public attention in order to create the atmosphere necessary to override or even weaken 2 1/2.

Note: This is necessary to prevent any public outcry when the legislature vote in favor of any legislative changes now before them. As so many editorials have already stated, unless those communities that supported 2 1/2 join with those who didn't, the legislature is unlikely to make any changes to 2 1/2, or even go so far as to exempt cities completely.

The message of 2 1/2 was loud and clear - prioritize. When drastic cuts are necessary, such as Springfield, you don't leave departments like MOCCA intact and not to mention that since Barbara Garvey's administration, Symphony Hall has become a financial burden to the taxpayer, and how about the funding of Community Councils and the two warehouses for school and town and two central purchases for school and city, these are all extra costs being borne by the taxpayer and the list goes on.

No you don't start cutting with your most vital services, you start with the non-essentials (of which there are more than enough!) and when there are none left then you can start cutting your police, fire, etc.!

But then of course if all the communities did that then there would be no public outcry when they and the legislature tried to stop 2 1/2.

So what do the people do? You send a postcard to your state rep. or state senator and if you don't know how, call your city hall or town hall.

Just as the public officials are employing public awareness tactics to stop 2 1/2, so the supporters of 2 1/2 are also making the public aware...aware of the government!

Letters to the Editor

Income Tax May Rise Due To 2 1/2

To The Editor:

The Town of Agawam's methodology in complying with Proposition 2 1/2 by disguising real estate and excise tax reductions with re-allocations of income sources may cost us all more in the long run.

An example of this is the currently considered increase in water and sewer rates. Assuming the reduction in real estate taxes is equally compensated by the increase in water and sewer rates, then the average homeowner pays more, not to the town, but instead as an increase in federal income taxes.

The largest tax shelter the middle income homeowner has is the investment in his home by deducting the mortgage interest and real estate taxes. Water, sewer and most other specifically allocated expenses are not deductible for federal income tax purposes. So by moving this expense from real estate taxes to water and sewer charges, the personal tax deduction is lost. The loss of this tax benefit could be substantial and could more than offset even a modest decrease in the combined payments by the taxpayer to the town.

Since the theory behind Proposition 2 1/2 was to provide tax relief to middle income families, the Town Council should consider the federal income tax ramifications of their proposals so that in achieving the letter of the state law, they do not cost all more in federal taxation.

Phil L. Ferrari, CPA
30 Memorial Park
Feeding Hills



FROM THE THIRD

By Rep Edward W.
Connelly

[Rep. Edward Connelly's column is a weekly feature of the *Agawam Advertiser/News*.]

BACK ON THE HILL

As legislators gear up for the new legislative session, Proposition 2 1/2 heads the list of key issues for 1981.

The clear message sent by the voters on November 4th will be felt in virtually every committee and every vote taken in this session. This is the year to come up with viable ways to streamline government, cutting waste and other unnecessary costs, while preserving essential services.

The issues and problems of the 1980's will begin to be debated in this session. While the economy tops the list nationally and locally, quality-of-life issues come close behind. Hazardous waste disposal and siting will be closely scrutinized over the coming years, as will the costs, quality and availability of housing.

Public transportation will be a prime question from several points of view. In the Greater Boston area, the MBTA will continue to create headlines with battles over skyrocketing costs, diminished service and burgeoning unions. Statewide, the public transportation debate will continue to confront issues of who is responsible for the costs of running the largely urban system. And throughout the country, increasing fuel costs should make people more demanding of public transportation than ever before.

GOOD GOVERNMENT...NEW INTEREST

One result of the public belt-tightening that we will see over these next few years may be a renewed interest in issues generally thought to be dull and boring - the so-called "good government" issues.

Many of these are considered traditional Republican issues. In fact, in Massachusetts, Republicans have filed many of these bills repeatedly over the years. In 1981, with the support of a public angered over the growing cost of government, perhaps some of these needed reforms will be implemented.

In this session, we must deal with "sunset" legislation, which would require periodic review of state agencies to determine if they are still necessary. It is believed that many state agencies are no longer serving the purpose for which they were created and could, in fact, be eliminated. This would be a tremendous saving in the cost of government.

We must also think strongly about the revelations of corruption in the system of public construction and bidding. The recent report of the Special Commission gives us much information as a blueprint for change and not allow it to become another dust collector in the State House Library.

1981 will bring discussion of these and other issues in the Massachusetts State House. I hope that this year will also bring reasoned and responsible debate, and I will work with my colleagues in the Legislature toward solutions in the best interests of the people of Massachusetts.

Legal Lines

By Attorney Rene Thomas

If my landlord requires that I give a security deposit, how can I prove the physical condition of the apartment at the time I move in?

Any landlord who accepts a security deposit from a tenant must furnish the tenant a written statement of the present condition of the apartment. This statement must contain a comprehensive listing of any damage existing at the time the apartment is rented. This statement must be signed by the landlord or his agent and the tenant.

If you disagree with the landlord on the condition of the apartment, you should not sign the statement and return the unsigned statement to the landlord within fifteen days after you move in or receive the statement. You should indicate why you disagree and give the landlord your own list of what you consider to be problems concerned with damage to the apartment.

This statement of condition (existing damage) protects both the landlord and the tenant; it becomes the basis for determining whether or not the landlord can withhold any part of the security deposit when the tenant vacates.

SCHOOL NEWS



Nicholas Rondoletto Anthony Rondoletto

Rondoletto Brothers Attain Dean's Lists

Anthony and Nicholas Rondoletto, sons of Mr. and Mrs. Ron Rondoletto of 18 Carmel Lane, Feeding Hills, have attained the dean's list in their respective schools, where both are freshmen.

Anthony, 20, attends Holyoke Community College fulltime and earned a 3.58 average in a computer science major. He is employed fulltime at Pratt and Whitney Aircraft in East Hartford on the third shift.

He graduated from Agawam High School in 1978 where he was active in varsity hockey and pole vaulting.

Nicholas, 18, attends Westfield State College majoring in business and economics and earned a 3.62 for the last semester average.

He graduated from Agawam High in 1980 as a member of the National Honor Society. He is employed part-time at Mall Drug in Agawam.



BE GOOD TO YOUR FACE

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New Formula To Be Used For Class Rank

By Joanne Brown

A new formula to establish class rank was adopted by the School Committee at their meeting last Tuesday. The new procedure should prove more realistic in reflecting degree of difficulty among courses taken, according to Superintendent of Schools Louis Hebert.

Approved unanimously by board members, the new formula for computing rank in class recognizes differences in difficulty among courses and should discourage students from taking easier courses simply to improve their class standing.

A committee of high school teachers together with Principal David Theodorowicz proposed the new formula which places all courses offered on one of four levels according to difficulty. Level 1 has been designated for advanced placement courses, those few college-level courses taken by a small minority of bright students.

Level 2 has been assigned to high ability courses which offer the regular course of study in more depth.

Level 3 is accorded to the courses requiring intensive preparation such as stenography III or algebra II. Level 4 comprises the bulk of the standard courses offered.

Pre-determined number factors will be computed into each course at the four levels to equalize the degree of difficulty involved in undertaking the course. Weights assigned to the levels will make a difference of five to six points between levels. For example, an 87 in a level 3 course will be equal to a 92 in a level 4 course.

These new weights and course designations will go into effect in September, 1981. Courses taken under the previous standards will remain as taken. For college admission purposes, rank-in-class will be computed at the end of the 11th grade and at the end of the first half of the 12th grade.

Committee members expressed the hope that this more equitable system for computing class rank will encourage students to study subjects at their true ability levels. Full explanation of the new formula is to be included in parent handbooks as well as in the booklet outlining course offerings extended to each student to aid in selection of classes.

Robinson Park PTO Schedules January Meeting

The first meeting of the new year for members of the Robinson Park School PTO will take place in the school cafeteria on January 22 at 8:00 p.m.

School guidance counselor Larry Harbeson will present a program on parenting in which various aspects of the successes and frustrations of raising children will be discussed.

All parents of children at Robinson Park School are encouraged to attend this most informative meeting.

AHS Makes Round 2 On As Schools Match Wits

Students from Agawam High School defeated their first opponent last week on television Channel 22's quiz show *As Schools Match Wits*. This year's squad overwhelmingly beat Loomis Chaffee Academy of Connecticut.

The next match scheduled for Saturday, January 17th, will pit the Agawam boys against Longmeadow High. Good luck, AHS; keep up the good work!

School Lunch Menu

Mon., Jan. 19: Vegetable soup, grilled cheese sandwich w/pickle chips, raw carrot sticks, pears in syrup, milk

Tues., Jan. 20: Orange juice, hamburger in roll, steamed buttered rice, green beans, jello w/topping, milk

Wed., Jan. 21: White meat turkey in gravy, whipped potatoes, sweet peas & carrots, whole wheat bread & butter, peach crisp, milk

Thurs., Jan. 22: Turkey soup, ½ fluffernutter, ½ tuna salad sandwich, oven french fries, white cake w/chocolate sauce, milk

Fri., Jan. 23: Meatball grinder w/tomato sauce, buttered niblet corn, pineapple tidbits in syrup, milk

AHS Students In District Concert

The Western District Concert will be held at the University of Massachusetts Fine Arts Center this Saturday, January 17th, at 7:30 p.m.

Twelve Agawam students will be performing with the all-Western Mass. groups at this event, including eight in the band and four in the chorus. The concert will also include performances by the district orchestra and jazz band with the honor groups composed of the best student musicians from some 45 high schools who are selected by competitive audition.

Serving as manager of the District Band this year is Mr. Darcy Davis, director of music for the Agawam School System, who has worked on the committee that organizes the concert, holds the auditions to select the student membership, and chooses the conductors and music programs to be presented.

Also serving on the management team for Western District is Mr. David Baldock, who will be the manager for the All-Western Mass. Junior High Jazz Band at the Junior High Festival which will be held later this year.

Tickets for the concert in Amherst this Saturday will be available at the door or during the day of the concert at the box office.

In the event of inclement weather, the program will be postponed to January 24th. Announcement of postponement will be made on local radio stations during the day on Saturday quite early since students would normally assemble for an all-day rehearsal at 9 a.m. on concert day.

Band Award Supper Scheduled

The annual band and color guard Award Supper will be held at the Agawam High School cafeteria on Wednesday, January 21st, at 6 p.m.

The potluck supper, which is put on by the band and color guard parents, will feature the presentation of membership and service awards to members and also the musicianship chevrons to members of the band who have earned advanced ratings in the sight-reading test.

Fun awards are also made by student officers at the start of the supper hour and information about coming band events will be announced to those in attendance.

The next program by the band will be the "Pops Concert" which will be held at the Middle School auditorium on February 6 and 7. The Pops Concert this year will feature the Wind Ensemble, the Concert Band, and the Jazz Combo.

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Guidance Bulletin Board

by Paul Cavallo,
Director of Guidance

On January 23, 1981, the 1980-1981 school year will have reached the halfway point. Report cards will be issued by February 1st at the three secondary schools.

Since the beginning of school, the guidance department at the high school has processed 350 college applications and transcripts for high school seniors and 140 transcripts for post graduates. This is a slight increase over last year.

There appears to be an increase in the number of students applying to four year colleges, especially four year state colleges. Many of the state schools that have been traditionally known as teacher training institutions have added major areas of study in computer science and criminal justice to keep up with current occupational demands.

The guidance department is very concerned about students meeting deadline dates. Students should be extremely alert to these dates when applying to a college or applying for a scholarship. Failure to do so could mean rejection or a refusal of financial aid.

During the next four months, scholarship information will be plentiful, especially on a local level. The guidance bulletin which is published and posted every week throughout the high school contains complete information regarding this issue. It is imperative that students read the bulletin.

The following information and/or applications for the following scholarships are available in the guidance office.

- 1) Sherman Bowles Scholarship: open to any senior who has worked as a newspaper carrier or employee in any capacity for the Springfield newspapers for at least two years;
- 2) Valley Press Scholarship: open to a graduating student who plans to major in journalism or a related field of study. Awarded on the basis of scholastic aptitude and financial need;
- 3) Western Mass. Annual Boston University Alumni Scholarship;
- 4) American International College competition scholarship exam will be given at AIC on January 17th and February 14th. Applications are available in the guidance office.

Our Ancestors

OUR ANCESTORS



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StageWest Offers Acting Classes

Under the leadership of Education Coordinator Andrew Lichtenberg, registration has begun for StageWest's spring semester of acting classes.

Children, teens, and adults in beginning through advanced classes will be able to study the whole range of acting skills, from fundamentals through improvisation and scene study.

Classes are scheduled as follows: Children will meet on ten Saturday mornings, beginning February 7th - Beginners at 9 a.m.; Intermediates at 10 a.m.; and Advanced at 11 a.m. Teens will meet on ten Saturdays beginning February 7th - Beginners at 12 p.m.; Intermediates 9 a.m.; and Advanced 10:30 a.m. Adults will meet on 10 Monday evenings, beginning February 9th with beginners from 7-9 p.m. and advanced from 7-9 p.m.

Tuition costs for the sessions range from \$40 for children and \$70 for teens to \$90 for adults. There is a one-time registration fee of \$5.00.

Students may register by mail addressed to Education Coordinator, StageWest, 1511 Memorial Ave., West Springfield, 01089. There will also be a special in-person registration day on Saturday, January 31.

For registration materials or additional information, contact Julie Monahan at 781-4470.

Snippets

Customarily, the United States president takes the oath of office in Washington, D.C., but there is no provision of law to that effect.

The yard measurement was standardized in 1305 by King Henry I of England as the length of his arm.

Counties are called parishes in Louisiana.

Pygmies are noted as having the highest human basal metabolic rate in the world.

The Maltese Cross was used as an emblem by knights of the Middle Ages.

Vinegar, whose name comes from the French meaning "sour wine," can be made from any liquid that can be converted to alcohol.

It is said that the great painter, Titian, always kept a cluster of grapes hanging in his studio as an example of beauty of form and line.

Water is the only substance that expands when it freezes.

Leonard, a German name, means, "strong or brave as a lion."

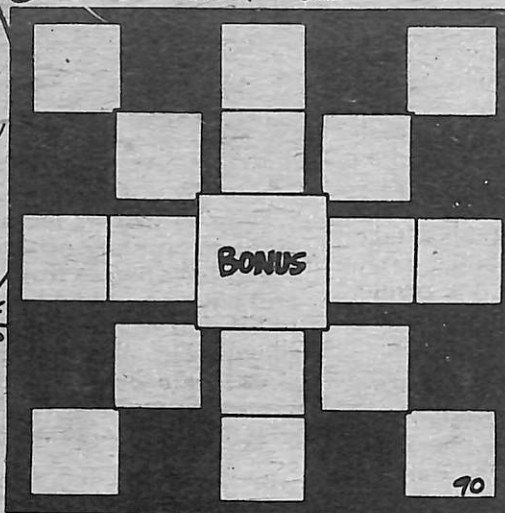
Alben Barkley was 71 years and 57 days old when he was inaugurated vice-president under President Harry S. Truman.

Professor Metaphor's WEEKLY BINGO

BEAT THE PROFESSOR'S SCORE: **34**

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TODAY'S SUBJECT:
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Troop 76 News

Boy Scout Troop 76, sponsored by St. Theresa's Church after being reorganized 2½ years ago, is looking for past Eagle Scouts from the troop to participate in the presentation of the first Eagle Badge since reorganizing.

Anyone with information on past Eagle Scouts from Troop 76 is asked to contact Fr. Robert Choquette at St. Theresa's (786-4451) with the information of name, address, phone number, and year badge awarded.

On February 8th, the troop will hold its annual Scout Sunday Banquet. The rank of Eagle Scout will be presented to Guy Jediny at this event.

The presentation will be made by Harris Tanner, Chairman of Leadership Development of the Pioneer Valley Council, B.S.A. and guidance counselor at West Springfield High School.

This is the first Eagle Badge, scouting's highest honor, to be awarded since the troop's reorganization after twelve years of non-operation.



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THE FEATURES PAGE

So You're Giving Up Food For New Year's, Huh?

By Penny Stone

Famous last words. . . "Oh, that looks delicious! I know I shouldn't, but I'll try just one." "Right after the holidays I'm going on a strict diet and losing all this weight!" Etc., etc., etc.. You've heard it all before.

Modern technology aside, most Americans will be fighting the battle of the bulge forever—simply because we're human and many of us have spent years developing some very poor eating habits.

Well, this year-1981—we all have greater opportunity to CHANGE those poor eating. In Agawam and surrounding communities, many weight reduction programs exist which offer us a new lease on life. For the purpose of this article, we'll confine ourselves to three of these programs: Weight Watchers, Diet Workshop, and Overeaters Anonymous.

New Program For Weight Watchers

The Weight Watchers weight control program is a four way strategy for losing weight and keeping it off. There are three "levels" to help you lose weight nutritiously and with variety. There is a maintenance plan to help you **keep** those pounds off. The program includes: a "personal action plan" designed to help you change your behavior in very positive ways; a "pepstep" personal exercise plan which is optional, but which offers two easy ways to help you shape up and trim down; and group support classes which offer an atmosphere of mutual sharing, encouragement and understanding.

Based on nearly 20 years of experience, the WW program strives for the planned, gradual weight loss of its members, believing that the goal is to learn how to be slim for a lifetime.

WW members are weighed-in, in private, each week and are initially given a goal weight, based on many factors. During the class, members hear discussions, called modules, designed to help them change their eating behavior and receive a copy of this to take home. A new discussion module is distributed every other week. During the alternate classes, the results obtained from following module suggestions are discussed by the lecturer and members.

According to Betty Dunn, Area WW Supervisor, a new, updated program was introduced in all WW classes as of January 5th. "This new food plan was designed to give people new freedom in social settings. Among other changes, it means that you can now enjoy a glass of wine with friends, a peanut butter sandwich with the kids, or popcorn at the movies." And all of this is part of the weight control program! "One doesn't have to 'divert' from the plan to fit into certain social situations," adds Ms. Dunn with a knowing smile.

There are many changes, including a complete vegetarian program, less fish required, less overall protein, and more grain (bread!) allowed. "But portion control is still essential," she reminds us.



Florence Lockwood, Weight Watchers lecturer from Agawam who has maintained her goal weight for ten years looks with anticipation at some of the foods and beverages on the new Food program. Florence says she enjoys lecturing and encourages people to consider eating the right foods as a way to a longer and happier life.



Weight Watchers lecturers and clerks could hardly believe their eyes last week when they were given a preview of the new food program which will be given out shortly to the million plus Weight Watchers throughout the world. It now permits such foods as peanut butter and popcorn and such alcoholic beverages as beer, wine or champagne. These foods were once considered "illegal" but many long months of experimentation and testing have proved that their addition to the Weight Watchers food program, in proper amounts, would not only add variety, but bring about a decided weight loss for those who were overweight.

Diet Workshop's New Flexi-Diet

The Diet Workshop program is based on the same sound principles for weight reduction and maintenance. Their program, too, is the result of extensive research and experience provided by nutritionists and experts in the field. Their program also includes a weigh-in, goal weight, and easy to carry and understand diet plan. Behavior modification is also stressed in DW classes. "In fact, it is the key component of my classes," says Faith Simmons of Agawam who has been lecturing classes in Westfield for 5 years now.

Recently, the DW program was updated and expanded also. The new plan is called the "Flexi-Diet" and according to Ms. Simmons, "It's an all-encompassing tool for everyone who wants to lose weight—quickly or slowly—in a way in which there are nearly limitless choices of foods, high in nutrition, yet controlled in calories. So, if you are a snack lover, a chocolate fan, have a sweet tooth, enjoy cocktails in your diet, love bread, or desire more protein, you will be able to enjoy your favorite foods and still lose weight."

Like the WW plan, Diet Workshop members may follow the basic, or "core," diet, and build from there if they wish to lose weight more gradually or want to add certain foods...without the guilt. As Ms. Simmons explains, "You can now add foods according to your lifestyle, particular taste, and ethnic background. This new program provides a basis for lasting maintenance. You will have great weight losses plus a feeling of no guilt in choosing foods at certain times, seasons, and functions where temptations were once overwhelming."

Ms. Simmons summarizes by commenting that "The word 'diet' is really overworked. It's really just a proper way of eating. Over the years we develop many poor eating habits which need to be changed. And changing those eating habits is the hardest thing for us to do. We're all creatures of habit."

Overeaters Anonymous

The Overeaters Anonymous program (OA) is a self-help program based on the principles of—you guessed it—Alcoholics Anonymous. There is no structured diet plan, although eight nutritionally sound diets are available for members to take home. There are no "illegal," or "legal" foods. Members are simply encouraged to "get rid of all the unnecessary foods" in their lives.

Where WW and DW stress behavior modification as essential to their programs, in OA behavior modification IS the program. Overeaters believe that eating more than your body needs (overeating) is a disease of isolation, which has three aspects: 1. physical, 2. spiritual, and 3. emotional.

OA members attend two types of meetings, as frequently as they like (need). There are the Sharing Meetings where members share their experiences—good and bad—and help one another.

Members obtain a sponsor, whom they may telephone for support whenever necessary. Feelings are written out and become more apparent. Inspirational reading materials are given out. Emphasis is shifted from FOOD to who you are in God's sight.

Jane, who has been in the OA program for 1 1/2 years and is 53 years old, says, "It's a constant day to day program. A simple, but not easy program. It really helps to get your whole life in order." Helen reminds us that "When your stomach is gnawing at you, it's not always from hunger," which tells it all.

So, if losing that excess baggage (adult baby fat) is your 1981 New Year's Resolution, consider your options. Weight Watchers meet at the Sacred Heart Church on Springfield Street Wednesday mornings (Florence Lockwood, lecturer) and Wednesday evenings at 7pm (Mynetta Hanjack, lecturer). For other times and locations, call Mynetta at 786-0631.

Diet Workshop classes meet Monday nights at St. David's Episcopal Church at 522 Springfield Street (Dee Hall, lecturer) or call 562-5020 for the nearest location. Overeaters members in Agawam and Feeding Hills are looking for a local meeting place, but presently meet on Friday at 9:30am at the Holy Name Church on Alderman Street in Springfield. For more information and locations, call Jane at 786-6415 or Ann at 786-5802.

A Word About 'The Features Page'

We at the Advertiser/News are proud of our new addition to our weekly newspaper and ask our readers to please call or write and let us know what you think about this page and to give us some ideas for future editions.

SPORTS



Five good reasons why the Agawam Brownies are currently challenging for the Berry Division lead are, from left, assistant coach Bill Morrissey, seniors captains Steve Moreau, Vin Masi, and Jim Shea and head coach Billy Sapelli. Photo by Jack Devine.

Kamyk Leads High Flying Brownies Past Cathedral, 3-1

By Steve Berard

It was 7pm at the West Springfield Coliseum; you could feel the tension and excitement building. Agawam High's varsity skaters were about to face off against the unbeaten Panthers of Cathedral.

Two hours later, scenes resembling those of the U.S. victory over Russia in Lake Placid were witnessed in the Agawam stands and by the Agawam bench.

The underdog Brownies (but not too much of an underdog) had comeback and handed the number one ranked Panthers a 3-1 loss, their first defeat of the 1980-81 season.

Cheered on by a loyal and boisterous group of fans, the locals took a major step in their quest for the divisional crown. The Brownies avenged a seasonal opening 5-4 loss and snared sole possession of second place, with a 6-2 record. After winning four straight, the Bill Sapelli led Brownies are now just one point behind the Panthers who are 6-1-1.

In first period action, Cathedral winger Chris Doyle, scored the game's first goal when he flipped it past sophomore netminder Kevin Kamyk on a powerplay.

Five minutes later it was one apiece as sophomore Mike Lazzazzara fed a perfect pass to senior workhorse Jeff Masi who quickly put the disc behind the Panther keeper.

Cathedral had several chances to take the lead before the period elapsed, but Kamyk was up to the challenge.

"Kevin and the defense were just tremendous last night," an elated Sapelli said after the contest. Our forwards are back checking very well and that's helped out too."

The second stanza was dominated by Agawam. The townies took the lead on a 20 foot slapper off the stick of senior wing John Couture. The blistering drive rebounded off the Panther goalie and into the top corner.

"When we got the second goal it seemed to give us the momentum. I just can't say enough about this team of late but I know the rest of the league respected us all along," Sapelli related.

Kamyk, once again, was the key in the torrid third period. In those 15 minutes, he stopped a dozen Panther bids, which were being unloaded from all directions.

With the help of a couple of friendly posts, the frustrated Panthers were held at bay. Jeff Masi finished the scoring on a breakaway goal. Masi's second tally of the night also propelled him to the team leadership in points.

Sapelli maintains that the Brownies road to the playoffs remains tough. He commented that the Berry Division's balance will prevail in the final statistics and that his charges must maintain their current stride or face many difficult situations in upcoming contests.

Support School And Youth Sports

Guarder Of The Nets: Kamyk



Without a doubt, sophomore goalie Kevin Kamyk rates as one of the top, if not the best netminder in Western Mass. In Agawam's 3-1 victory over Cathedral, Kamyk was magnificent in the nets in turning aside several serious bids to turn the tide against the locals. Coach Bill Sapelli has Kamyk for two more seasons and that spells nothing but good for the Brownie hockey program in the future and in their current drive to the Berry Division playoffs. Photo by Jack Devine.

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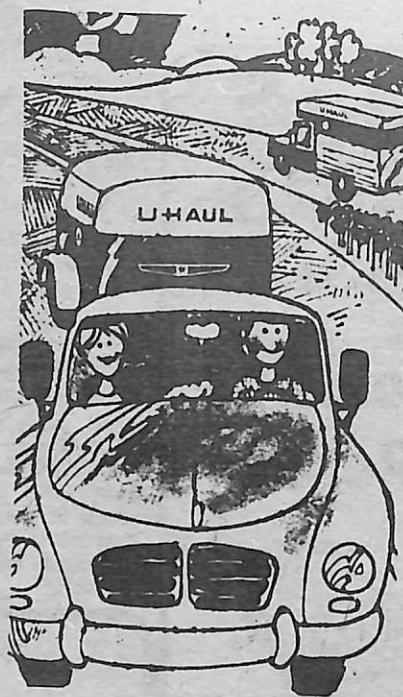
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Girls Hoop Take First Loss

By Debbie Guidi

The Agawam High girls' varsity basketball team dropped its first match of the season Tuesday night against Holyoke, 42-37.

The loss ended a 7-game unbeaten streak for the Brownies, the "best start ever" for Agawam, according to Coach Karen Fitzgerald.

The Division A leading Purple Knights maintained their unbeaten mark.

An intense Holyoke offense seemed to take the Brownies by surprise in the first quarter, and Agawam trailed 14-9 by the end of that stanza.

The Brownies fought back in the second session, ending just one point behind Holyoke, 20-19.

Through the second as well as third period, Agawam kept within striking distance of Holyoke, but try as they might, they couldn't seem to pull ahead for long and get a permanent hold on the lead.

Holyoke maintained a 3 or 4 point advantage throughout much of the decisive fourth quarter, due in part to pinpoint foul shooting.

Agawam managed to narrow the point margin several times during the end of the game, but the free throw line proved to be Holyoke's saving grace.

Mrs. Fitzgerald has been pleased with the performance of Debbie Cheetham and Shari Baldarelli, who were the top point-getters Tuesday for Agawam with 14 and 12 points respectively.

"Debbie and Shari have been scoring for us. They average double figures every game," she stated.

The loss had to be disappointing, but Fitzgerald remains optimistic.

"We're good and a good team will come back. We're still 7-1 and you can't scoff at a record like that," she added. The team works very hard, we're experienced and we play in a very tough division."

The Brownies hope to get back on the winning track Friday when they host Chicopee Comp at 3:15 followed by a Tuesday encounter with Chicopee also at the high school gym.

Girls Basketball Win At All Levels

Led by a 7-0 winning streak by the Agawam High girls' varsity basketball team, victories have also been posted by the junior varsity and Agawam Junior High girls' squads as well.

During the past week, the varsity team subdued both Westfield and Amherst. These victories were matched by decisive wins by the junior varsity over the junior teams of both schools. The junior varsity, coached by Mrs. Barbara Stevens, now has a 6-1 record.

Not to be outdone, the Junior High girls' team boasts a 4-0 record. Coach Leslie Clark's players have won by large margins against Amherst, Lynch, Hawley, and Peck.

Gymnasts Fall Short

By Deborah Guidi

Agawam High School's gymnastics squad gave the 1980 divisional champs of Amherst a run for their money last Thursday, but had to settle for a loss when Amherst pulled ahead in the final event of the meet to win with 70.90 points to Agawam's 66.10.

Up until the uneven parallel bars competition, the widest point margin stood after the first event when Amherst led 21 to 19.30.

Agawam's senior all-around Sue Poirier and sophomore Lori Witkowicz provided impressive competition for Amherst during the floor exercises, but Amherst's Elizabeth Theilman received the highest score of 5.95 for a routine that included an explosive tumbling run.

The Brownies narrowed the point margin at the vault where Cindy Fontaine and Sue Poirier pulled scores of 6.65. Amherst's Elizabeth Theilman was scratched at the start of the event, but returned to score a 6.80 on her jump. At the end of the vaulting, Amherst led with a running score of 46.35 to Agawam's 45.20.

At the beam, Agawam's Anna Greguoli scored 3.5, the highest score for either team in that event. Patrice Ross was awarded a 3.4 along with Amherst's Josie Guyer. Agawam won the event with 13.15 points to Amherst's 12.25.

The point margin in running totals was then 58.60 to 58.35 with Amherst leading by a hair.

The uneven parallel bars proved to be the most difficult event for Agawam, but Amherst also had considerable difficulty here. However, Amherst had six scores from which to take the top four; Agawam had only four scores that could count and therefore could not eliminate a low tally.

Agawam also lost at the bars with the injury of all-around Lori Witkowicz, who hurt her right ankle when she slipped on her dismount and had to be transported to the hospital.

Witkowicz' performance, nevertheless, earned her the highest score on her team in the unevens, where Agawam scored only 7.75 points to Amherst's 12.30.

Agawam Coach Laurine Greguoli didn't seem overly concerned by Thursday's loss. She stressed the improvement accomplished since the girls last meet.

"I think we did well. Our beam was better as well as our vault and the bars," Coach Greguoli said. "Two sophomores made their vault debut tonight and two other sophomores did the beam for the first time."

Though the Agawam gymnastics team has won just five meets in the past three years, they may better their stats this year. They have won their first meet against Gateway Regional so their current record is at 1-1.

With practices scheduled for up to 18 hours per week, the girls show plenty of enthusiasm and willingness to work hard. They will face Classical on January 21, Hampshire Regional on January 31, and host their next home meet against Minnechaug at 7 p.m. on February 2.

Agawam Hockey Players Compete In One-On-One

Broadcasting of several Agawam youth hockey players in Channel 38's Mini One-On-One competition will take place during upcoming games of the Boston Bruins.

Rick Cassese, Mike Chagnon, Bob Eggleston, Mike LaZazzera, and Dave Liptak may be seen during the Bruins games on January 17th, February 4th, February 8th, and March 1st.

Don't Miss Mini One-on-One



"Don't you believe it when your folks tell you how tough it was. I found out that when my Dad was a kid, candy bars only cost a nickel."

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AAA Statistics

8-10 GIRLS

Lions	1-0
Elks	1-0
Russo Construction	0-1
Graphic Printing	0-1

11-13 GIRLS

Liquori Bros.	1-0
E-Con-O Sales	1-0
WestSide Fish & Game	0-1
Gino's	0-1

8-10 BOYS

Christy's	1-0
Chriscola Farms	1-0
Laf-Mor Amusements	1-0
Lunden Construction	1-0
Elks 2174	1-0
St. Theresa's	0-1
Abbott Tax	0-1
Pioneer Valley Auto Parts	0-1
St. Anthony	0-1
Curran Jones	0-1

10-12 BOYS

Agawam Custodians	1-0
Feeding Hills Hardware	1-0
Butcher Corner	1-0
Westbank	0-1
McCarthy Tile	0-1
Suburban Realty	0-1

13-15 BOYS

Polish Club	1-0
Associated Air Freight	1-0
Village Package	1-0
DePalma's	0-1
Lions	0-1
Village Lounge	0-1

AAA Highlights

The feature game in the 8-10 girls league was between the Elks and Graphic Printing, with the Elks coming out on top 24-1.

Outstanding play for the winners came from Tanya Mercadante, Lisa Connor, and Leigh Whittaker on offense and Maureen Hersey and Donna Grasso on defense.

Top players for Graphic were Tracy Trudel and Denise Porth.

In the 11-13 girls league, Coach Larry Sheehan's Liquori Brothers team started the season right beating West Springfield Fish and Game. Abbey Sheehan was high scorer for Liquori.

Coach Jim Dions girls played well on both offense and defense while taking the loss.

In the feature game in the 8-10 boys league, Lunden Construction, led by the fine play of Bryant Cort, Eric and Marc Early, Jim Dion, and Joe Kosinski, beat an able Abbott Tax team sparked by Kevin Long, Mark Lacienski, Joe Modzelewski, and Aaron Vanderhoof.

In the 10-12 boys league, Agawam Custodians beat Westbank. Ahead 18-9 at the half behind the strong play of Brian Trembley, Jim Hansen, and Greg Larouche, the Custodians faced a strong comeback by Westbank in the second half that led to some shaky moments before they managed to clinch the victory. Top players for Westbank were Pete Saracino, Bob Dupre, and Jim Helton.

In the feature game in the 13-15 boys league, top players for the victorious Polish Club were Dave Vecchiarelli, Dave Perillo, Bob Maltoni, and Eric Meunier.

Turning in fine performances for the losing DePalma team were Leo Chenevert, Bob Eggleston, and Tommy Lockwood.



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Sportsman Corner

By Bill Chiba

The muzzleloader season in Massachusetts broke all previous records and produced 207 deer taken. Broken down, it showed that 89 bucks and 118 does were taken.

This year, it is estimated that over 60,000 hunters participated in the three deer seasons which took place between November 1st and December 17th. 5,000 antlerless deer permits were issued.

In all the hunters took at least 3,472 deer, the highest taken since mandatory checking was established and the antlerless permit system was instituted in 1967.

This year field reports from the Mass. Fish and Wildlife bear out the fact that food is abundant and deer are plentiful, fat and sleek, a pleasing situation. Jim McDonough, deer project leader for the Division of Fisheries and Wildlife, who predicted a high level of harvest this year, currently estimates the Commonwealth's deer population at 20,000 and notes that, weather cooperating, he anticipates continued growth in herd and harvest.

Connecticut hunters set a new record this year. Archers reported taking 378 deer, a 166% increase over 1979, with a breakdown of 241 bucks and 137 does. The majority of these deer, 238, were taken in state forests while 140 were taken on private land.

Muzzleloader hunters took 351 deer, 60 more than 1979. Check station personnel tagged 194 bucks and 157 does, approximately 75% of which (275) came from state land.

The regular gun season with shotgun was split into two segments. The first ran for six days and the second for nine days. The first season harvest was 313 deer and the second was 291 deer tagged.

Last year (1980) was a first for a new project. Paul Herig, chief of the wildlife unit, inaugurated a Free Landowner Deer Season, which opened to landowners and lineal descendants only and ran from November 1 to December 31. At the close of this season, a total of 227 deer had been reported.

The total deer harvested in Connecticut in 1980 was 2216, which is 121% increase over 1979. This figure does not take into account of the two special hunts held at Barkhamsted Reservoir and Stone's Ranch Military Reservation.



Camping Family Style

In the days of tents, rugged camping facilities and outdoor privies, only the hardest of souls could withstand the rigors of cold weather camping.

Then came modern recreational vehicles, better heated and better insulated than ever before, and year-round campgrounds followed, campgrounds that winterized their buildings and utility lines to offer all needed services to the cold weather camper.

And suddenly, more and more people were discovering that camping isn't just for summer anymore.

The "Think Snow" folks are among the most ardent winter campers. From Sun Valley to Aspen, Lake Placid to the White Mountains, skiers find camping is the most economical way to enjoy their favorite winter-time sport.

Year-round campgrounds near ski centers in the U.S. and Canada cater to a heavy family trade because of the variety of attractions available. For those who don't enjoy downhill skiing, there are cross country ski courses, snowmobile trails, toboggan runs, skating ponds and ice fishing lakes.

As for the economy, a family of four will pay less than \$10 a night for a wintertime campsite, often with electrical hookup, compared to several times that amount for ski lodge accommodations. And the hearty appetites that result from winter sports activities can be satisfied for a lot less money with meals prepared in an RV, rather than purchased in a restaurant.

Heated restrooms and showers at winter campgrounds provide all the comforts of home and there are often recreation rooms and lounges for get-togethers at the end of the day with friends.

Some camping families, instead of traveling to one another's homes in the winter, meet halfway at a campground. That way, they split the travel, and no one feels he is imposing on the hospitality of the other.

In planning your trips, remember that winter days are shorter and you won't be able to cover as many miles in daylight hours. Be sure to reserve a campsite in advance, especially if you're heading for one of the more popular winter resort areas, to avoid having to search for one after dark.



ARTIS GILMORE proves it. Leaping to block a shot, Gilmore, center of the NBA Chicago Bulls, shows why big men deserve big money in pro basketball.

Key Injuries Riddle Grappler Ranks

By Steve Berard

Jimmy Olko - Sr. - broken ankle - out rest of season.

Mike Gruska - Sr. broken knuckle - out two more weeks.

Brian Fogg - Sr. strained back muscles - out rest of season.

Steve Tetreault - Sr. Capt. - knee injury - possibly rest of season.

Kevin Bradway - Jr. - injured shoulder - unknown.

Even with these key injuries, Agawam High's varsity wrestlers are hanging tough. The battered squad defeated Pittsfield and Taconic in their last two meets. Upping their record to 3 wins and 2 losses, with the two decisive victories, the Brownies are now 2-1 in Division One standing.

Juniors Mike Kozak, Art Chase, and Dave Duclos, have been doing well replacing the vacancies in the different weight classes. A particularly costly setback for the grapplers was the knee injury to captain Steve Tetreault. Tetreault finished sixth in the state and second in Western Massachusetts competition last year.

Steve looked to be in top form this season before his injury. "Tate is a hard guy to replace. He's our leader out on the mat," claims junior, Art Chase.

The injury-riddled squad is by no means giving up. "We still have a lot of good wrestlers who are healthy," notes fellow junior, Keith Mercadante.

Seniors Dario Mercadante, Troy LaBrique, Tom Kirk, Craig McCarl, and Todd Griffen comprise a strong base capable of leading the unit to victory.

A tough upcoming schedule doesn't help the Brownies' cause. A meet next Saturday against highly rated Tech will require a lot of preparation and hard work. Next week doesn't prove to be any better, as Agawam will have to contend with the Bulldogs from Classical.

Brownies' coach, Phil Tomkiel, has instilled a "never say die" attitude in his crew, witnessed by Keith Mercadante's conclusion, "We can still do it."



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On Sports

BY JOHN DALTON

Is hockey the most difficult of all sports to officiate?

To play hockey, you must depend on speed, skill, quick reflexes and split-second thinking. And on officials who really know how to do their jobs.

The Supervisors of Officials for the National Hockey League are the guys who try to make sure that refs and linesmen don't often foul up.

The three supervisors, who work for NHL Referee-In-Chief Ian "Scotty" Morrison, are experts on what it takes to be a pro hockey official.

"We have three of the most competent people in any business," says Morrison. "Frank Udvari has been associated with the officiating end of the game for 30 years; Matt Pavelich has been employed by the NHL for nearly 25 years; and Dutch Van Deelen has been a supervisor for 14 seasons."

Morrison and his three aides tour the NHL regularly, traveling about 75,000 miles a year. At NHL games, they watch what the officials do.

Morrison says, "With respect to the referees, we look at five basic areas. The grading of linesmen tends to be more straight-forward."

"With the referees, we look at the following: his standard of rule enforcement; his consistency; his over-all control of the game; his position relative to making the proper calls; and his judgment throughout the game."

"When we rate a referee, we grade the penalties numerically - '3' for a good penalty call, '1' for a marginal penalty and '0' for a poor penalty. It is consistent among the top officials that they call 85 to 90 per cent of their penalties in the '3' range."

The supervisors also coach younger hockey officials before a game.

"We let the fellows know that we're in the rink because we believe that the official will work the game to the best of his ability whether we are in the rink or not," says Morrison.

"We look at our job as more of a coach and therefore, with young officials especially, we need that face-to-face communication where we can pat them on the back or let them know if they have made mistakes."

In their pre-game discussions, the supervisors try to iron out any problems with rule interpretation that officials might have.

But they try to avoid analysis of a given game or team.

The job of the official, according to Morrison, is to call them as he sees them - not as he thinks he should.

"There is never a reference to the participating teams or players when we discuss an upcoming game," says Morrison. "We stress to our officials that we are there to discuss rule situations, not to pre-judge the game itself or the teams involved."

But sometimes even supervisors turn into hockey fans.

"We're only human," says Morrison. "We're not glued to the officials all the time. We can appreciate good plays."

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OUR ANCESTORS



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Thinking Of Your Health...



Thinking Slim

BY JEAN NIDETCH

Ever since Adam first pointed the finger at Eve in the Garden of Eden, human beings have been making up excuses for the less attractive aspects of their behavior. And after several hundred thousand years of alibi-making, we've become pretty good at it. Sometimes, the excuses we dream up are so convincing, we even fall for them ourselves, and these are the most dangerous of all. Do you recognize any of these familiar excuses for staying fat?

I have a cold, so I'm fortifying myself to get over it. (You can't remember if it's "Feed a cold, starve a fever," or the other way around, but you're not taking any chances!)

I just bought a size 18 dress, and I don't want it to go to waste. (So what about the double row of size 10 dresses tucked away in the back of your closet?)

Calories you drink don't count. (Hah!)

Calories you eat between midnight and six a.m. don't count. (That's what you think!)

Calories consumed away from home don't count. (Don't you wish!)

I'm building up my strength in case I get stranded without a can opener in some mountain wilderness. (While you're preparing for weird eventualities, what if you're caught in a mine cave-in with only a size-12 hole to escape through?)

I just gave blood, and I'm re-building my blood cells. (Since when are red blood cells constituted from raspberry-ripple sundaes with whipped cream and nuts?)

I can't throw this food out! Just think of the starving people in the world! (So how will your over-eating help them any?)

The cat ate my tuna fish. I ate to keep the cat company.

I ate because I was so happy.

I ate because I was so unhappy.

I'll begin my diet on Monday.

It's Monday. How can anyone in his right mind expect anyone to do anything strenuous on Monday?

It's almost my birthday (or anniversary, or Arbor Day, or Flag Day, or the hundredth anniversary of the invention of the safety pin.)

The Devil (or my parents, or my spouse, or my boss, or my kids) made me do it.

How does YOUR list of excuses tally with this one? Or perhaps you have others, just as ridiculous. If so, I suggest you send them out in the garbage with the cookie wrappers and start today to replace alibis with reasons: Good, solid reasons to stay on your weight loss program until you reach your diet goal. And then you won't need any more excuses.

(c) 1981 Weight Watchers International, Inc. and Newspaper Enterprise Assn.



Family Physician

BY DR. JAMES G. PRICE

Q. My neighbor tells me that he is using a new medicine for his arthritis and that it's helping him a lot. It's called DMSO, but my doctor says it isn't available via the usual prescription route.

A. DMSO (dimethyl sulfoxide) has been around for a good many years and has been suggested as a treatment for a variety of problems including arthritis, sprains and bruises. The compound of uncertain strength and purity is used as a solvent or paint thinner and can be obtained where these items are sold. It has also been used for a long time as an animal liniment.

Several states have passed laws allowing the sale of DMSO although the use of this chemical as a drug for humans has not been approved by the Federal Drug Administration.

The fact is that there have been no carefully controlled clinical studies on DMSO proving that it is either effective or safe to use. And the possibility that it might cause eye damage has been suggested.

Pressure to find out more about this agent has produced a bill in Congress which, if passed, would require a governmental clinical trial with a report back to Congress.

An interesting fact about DMSO is that even when rubbed on the skin (the commonest route of administration), it gives the patient a definite garlicky odor to the breath which continues throughout the time the drug is used.

Q. My father has poor circulation in his legs and he is entering the hospital to have his arteries enlarged by blowing up a balloon in the arteries. I've never heard of such a thing! Can you tell me if this is an accepted approach?

A. The use of balloons to dilate constricted arteries has been subject of considerable investigation over the past few years and seems to be a very helpful procedure in selected patients. This technique has been used for dilating constricted coronary arteries, the arteries to the kidney as well as major arteries to the extremities. Close follow up is being done to determine if the arteries will stay dilated after the procedure.

The procedure is done by inserting a small catheter having a balloon at its tip into the artery. When the balloon has reached the constriction it is inflated, thus stretching the artery and increasing its size.

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Your Dental Health

By Stephen R. Jacaprarro, D.M.D.

For centuries, starting when Julius Caesar said "Et tooth Brute," people have sought far and wide for something to prevent dental decay. Let us not forget the perilous journeys of Marco Polo and Christopher Columbus. If you search your mind, you will remember hearing from someone "Listen my children and you shall hear of the midnight fluoride of Paul Revere." And speaking of American history, who will ever remember those haunting words of Massachusetts' favorite son "Ask not what your teeth can do for you; ask what you can do for your teeth."

The story can now be told that for years we have had an excellent preventive tool in our arsenal. I refer, of course, to fluoride. I've heard the anti-fluoride stories; for example, that someone's grandfather lost all his hair one night after sleeping in a room next to a child who had once received a fluoride treatment (the fact that the man had only one hair in his head before that fateful night or that he had received an audit notice from the IRS that afternoon never enters into the conversation). Other scare stories abound - it's a Communist plot; Nixon did it; etc.

If you cut through all the smoke, you are left with scientifically verifiable studies that prove fluoride is effective in decreasing cavities.

In 1955, the results of a ten-year study of the effects of drinking fluoridated water from birth in the city of Newburgh, New York were published. The children in the 6-9 years of age group who were exposed to fluoridated water since birth had a reduction in dental decay in their permanent teeth of 57.9% when compared with control children.

There are several different ways to take advantage of fluoride's anti-cavity action.

1) The drinking of fluoridated water during a child's early years (from birth to about 12 years of age) will result in the fluoride actually becoming incorporated into the teeth as they form, making the teeth more resistant to the acids produced by bacteria in the initiation of the decay process. If the water in your town is unfluoridated, fluoride drops or pills can be given which will provide similar protection. These systemic methods provide the greatest protection.

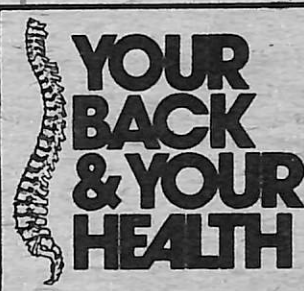
2) A fluoride treatment given by your dentist or hygienist will give added protection if your child has also taken fluoride systemically. If your child is not taking any other forms of fluoride, this method can result in about a 20% reduction in cavities.

3) Fluoride rinses will also aid in the reduction of cavities; that is, they will give a smaller amount of reduction in caries (cavities) than the other methods discussed.

4) Fluoridated toothpastes (only those that show the seal of the American Dental Association which means that scientific studies have proven its effectiveness) when compared with the other methods of fluoridation gives the smallest amount of caries reduction, but it is still statistically significant.

As you can see from the list, the combination of all four methods will give the greatest protection. Just because your child is taking fluoride that doesn't mean that you can bronze his toothbrush. Prevention includes good nutrition, good oral hygiene (brushing and flossing) and periodic oral examinations that can find and repair problems while they are small.

HINT: Recent research seems to indicate that cheddar cheese eaten before intake of refined carbohydrates causes a reduction in the amount of caries when compared to a control group. Other cheeses are now being tested. Note - this is preliminary research.



Chiropractic research holds great promise

While the general public may not know of it, chiropractors are well aware of an intensive program of chiropractic research which has been going on at the University of Colorado. Headed by Dr. C. H. Suh, one of the world's most respected specialists on spinal biomechanics, the program has some very ambitious goals. The results to date, even at this relatively early stage of the research, are exciting.

Dr. Suh and his associates defined for themselves the size of their task: finding out exactly why chiropractic works.

While Dr. Suh is studying the mechanics of the spine, other specialists on his research team are conducting investigations into spinal nerve roots.

One researcher who specializes in chemistry has found that when you compress a nerve (and that's what happens when a vertebra moves out of its proper position) the nerve will start to produce toxic substances, a poison in the body. This, they have found, is spread over a much larger area of the body than anyone had suspected.

Of course, chiropractors have been saying in broader terms this same thing for years. They have seen case after case where conditions of poor health, seemingly unrelated to the spine, are improved drastically by restoring one or more out-of-place vertebrae to their natural positions.

From

Dr. Joseph Schlaffer
Chiropractor

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LEGAL NOTICE

AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a Public Hearing on Thursday, January 29, 1981, at 7:00 P.M. in the Agawam Public Library, Cooper Street, Agawam, MA for the purpose of hearing the public comments on petition of Frank J. Solitario, for rezoning of land from Agricultural and Residence A-2 to Residence A-3 on the following estate situated at the corner of Suffield and South Streets in Agawam, Hampden County, Massachusetts, described as follows:

PARCEL 1

Beginning at a point set in the south side of South Street, distance of 400 ft. Easterly from Suffield Street and running thence S 79° 18' 10" E. along the south side of South Street a distance of 1323.87 feet to land of Rocco and Christina Stellato; thence turning and running along last named land S. 2° 32' 38" W. a distance of 1874.34' to land of Tennessee Gas Transmission Company; thence turning and running along last named land the following courses N 62° 28' 31" W. a distance of 440.31 feet, N. 76° 51.0' W 69.52 feet, S 8° 46' 29" W a distance of 544.88 ft. and S 74° 59' 59" W a distance of 180.50 feet to the East side of a 300' wide Western Mass. Electric Company Right of Way, thence turning and running along said east side of Western Mass. Electric Company Right of Way N 18° 19' 21" W a distance of 1638.69 feet to an angle point, thence N 54° 00' 21" W a distance of 507.76 feet to

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LEGAL NOTICE

MORTGAGEE'S SALE OF REAL ESTATE

By virtue in execution of the power of sale contained in a certain mortgage given by D. A. DeMATOS REALTY CO., INC. to NORTHAMPTON INSTITUTION FOR SAVINGS dated January 11, 1979, and recorded in the Hampden County Registry of Deeds, Book 4716, Page 254 of which the mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 noon on February 3, 1981 at 825 Springfield Street, Agawam, Hampden County, Massachusetts. The premises being sold are bounded and described as follows:

PARCEL I

Certain real estate situated in Agawam, Hampden County, Massachusetts, being known and designated as Lot No. 5 (five) as shown on a plan of lots of Charles W. and Myrtle Hegeman and recorded in Hampden County Registry of Deeds in Book of Plans 24, Page 75; said lot being more particularly bounded and described as follows:
NORTHEASTERLY by Amherst Avenue, fifty (50) feet;
SOUTHEASTERLY by Lot No. 7 (seven) as shown on said plan, one hundred and 55/100 (100.55) feet;
SOUTHWESTERLY by Giffen Place, fifty and 60/100 (50.60) feet; and
NORTHWESTERLY by Lots No. 1 (one) and No. 2 (two) as shown on said plan, one hundred three and 70/100 (103.70) feet.
Being the same premises conveyed to D.A. DeMatos Realty Co., Inc. by deed of Anthony A. DeMatos dated January 25, 1971, and recorded in the Hampden County Registry of Deeds, Book 3564, Page 66.

PARCEL II

Certain real estate situated in Agawam, Hampden County, Massachusetts, being bounded and described as follows:

Beginning at the intersection of the Southeasterly line of Springfield Street with the Southwesterly line of Amherst Avenue, and running thence SOUTHEASTERLY along the Southerly line of Amherst Avenue a distance of one hundred (100) feet to a point; thence running SOUTHWESTERLY along land now or formerly of George A. Dufeu, a distance of one hundred three and 70/100 (103.70) feet to a ten (10') foot right of way known as Giffen Place as described in a deed from Frances O. Barrett et al to Harry Austin dated April 25, 1903, recorded in the Hampden County Registry of Deeds in Book 662, Page 304; thence running NORTHWESTERLY along said right of way now known as Giffen Place a distance of one hundred one and 19/100 (101.19) feet to said Springfield Street; and running thence NORTHEASTERLY along said Springfield Street a distance of ninety (90) feet to the place of beginning.

SUBJECT to a mortgage to the Third National Bank of Hampden County dated August 16, 1971, and recorded in the Hampden County Registry of Deeds in Book 3615, Page 248.

The above premises will be sold subject to all outstanding tax titles, municipal or other public taxes, assessments of liens, and easements of record, if any.

TERMS OF THE SALE: THREE THOUSAND AND 00/100 (\$3,000.00) DOLLARS will be required to be paid in cash or by certified check by the purchaser at the time and place of the sale, the balance of the purchase price will be required to be paid in cash upon delivery of the deed within 21 days of the sale at the Office of Cooley, Shrair, Alpert, & Labovitz, P.C., Attorneys for the Mortgagee, 95 State Street, Springfield, Massachusetts. Other terms to be announced at the sale.

NORTHAMPTON INSTITUTION FOR SAVINGS
By: DAVID W. SHEARER, Vice President
COOLEY, SHRAIR, ALPERT, & LABOVITZ, P.C.
95 State Street, Springfield, MA 01103
(413) 781-0750

Published: January 15, 1981; January 22, 1981; January 29, 1981

other land of Gasland, Inc., thence turning and running S 79° 18' 10" E along last named land 252.95 feet, thence continuing N 14° 20' 14" E a distance of 700 feet to the place of beginning. Containing 55.70 acres of land.

Excepting from the above described premises the following land and containing approximately 20 acres more or less.

Beginning at a point marking the Northeast corner of Parcel 1, thence in a generally westerly direction along the south side of South Street 1323.87 feet to a point which marks the Northwesterly corner of said Parcel I; thence turning and running in a generally southerly direction 200 feet more or less, to the northerly edge of Worthington Brook; thence turning and running in an easterly and Southeasterly direction along the said Northerly edge of said Worthington Brook approximately 1500 feet, more or less, to the West side of land of said Rocco and Christina Stellato; thence turning and running in a generally Northerly direction along last named land of said Stellato a distance of approximately 750 feet, more or less, to said Southerly side of South Street and the point of beginning.

PARCEL 2

Beginning at a point set in the easterly side of Suffield Street at land of Tennessee Gas Transmission Company and running thence S 77° 40' 31" E along last named land 640.24' to a point; thence continuing along last named land the following courses: S 77° 52' 31" E a distance of 687.21 feet N 74° 59' 59" E a distance

Legal Notice

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will give a hearing at Administration Building, Agawam, Thursday, January 22, 1981 at 7:30 P.M. o'clock, to all parties interested in the appeal of FRANK A. GRASSO who is seeking a renewal of Special Permit No. 912 issued February 28, 1978 to allow the salvage and retention of junk materials in an area to the rear of 355 Main Street commonly known as the "Agawam Meadows."

By order of the Board of Appeals,
T. A. Progulski, Chairman

Published: Jan 8, 1981 and Jan. 15, 1981

Legal Notice

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will give a hearing at Administration Building, Agawam, Thursday, January 22, 1981 at 8:00 P.M. o'clock, to all parties interested in the appeal of JOHN D. HALLOCK who is seeking relief from Section 20, Paragraph 24 (b) of the Zoning Ordinances to allow the construction of an addition with less than the required rear lot setback at the premises known as 35 CARR AVENUE.

By order of the Board of Appeals,
T. A. Progulski, Chairman

Published: Jan. 8, 1981 and Jan. 15, 1981

LEGAL NOTICE

LEGAL NOTICE

APPROVED ORDINANCE TOWN OF AGAWAM IN THE YEAR ONE THOUSAND NINE HUNDRED AND EIGHTY

AN ORDINANCE TO AMEND THE CODE OF THE TOWN OF AGAWAM

BE IT ORDAINED BY THE TOWN COUNCIL OF THE TOWN OF AGAWAM AS FOLLOWS:

An ordinance to amend the Town Code of the Town of Agawam by amending Chapter 2, Section 6-7 as it now exists and changing it to read as follows:

Sec. 6-7. Purchases over four thousand dollars subject to bidding.

All purchases in excess of four thousand dollars by any department or board shall be subject to competitive state bidding statutes. (12-1:80)

BY ORDER OF THE AGAWAM TOWN COUNCIL

Edward A. Caba
Town & Council Clerk

Published: January 15, 1981

LEGAL NOTICE

LEGAL NOTICE

APPROVED ORDINANCE TOWN OF AGAWAM IN THE YEAR ONE THOUSAND NINE HUNDRED AND EIGHTY

AN ORDINANCE TO AMEND THE CODE OF THE TOWN OF AGAWAM

An ordinance to amend Chapter 14, Article IV, Section 14-13 of the Code of the Town of Agawam

BE IT ORDAINED BY THE TOWN COUNCIL OF THE TOWN OF AGAWAM AS FOLLOWS:

Chapter 14, Article IV, Section 14-13, Sub-Section II entitled "The grade and salary range assignment of employees in the Police Department" shall be amended effective July 2, 1980, as follows:

DELETE- Grade Position	Annually				
	Step 1	Step 2	Step 3	Step 4	Step 5
P-27 Sergeant	14,784.64	15,348.84	15,938.52	16,502.72	17,074.20
P-30 Captain	17,741.36	18,418.40	19,126.12	19,803.16	20,489.04

ADD-

		Annually				
Grade Position		Step 1	Step 2	Step 3	Step 4	Step 5
P-27 Sergeant		16,263.52	16,884.40	17,532.32	18,153.20	18,781.36
P-30 Captain		19,516.12	20,261.28	21,038.68	21,783.84	22,537.32

BY ORDER OF THE AGAWAM TOWN COUNCIL

Edward A. Caba
Town & Council Clerk

Published: January 15, 1981

of 46.76' to the westerly side of a 300 foot wide Western Mass. Electric Co. Right of Way thence turning and running along said Westerly side of Right of Way N 18° 19' 21" W a distance of 1524.71 feet to an angle point in said Right of Way; thence N 54° 00' 21" W a distance of 463.00 feet to a point set in the easterly side of Suffield Street, thence running along said easterly side of Suffield Street S 18° 40' 12" W a distance of 1210.30 feet to an angle point, thence continuing S 18° 24' 29" W a distance of 320.34' to the place of beginning. Containing 28.18 acres of land.

BY ORDER OF THE AGAWAM PLANNING BOARD
Charles R. Calabrese, Chairman
Published: January 15, 1981; January 22, 1981

Place Of Fine Food And Drink

J.W. Wimpy's

PUBLIC LIBRARY
AGAWAM

Proudly Announces A Terrific NEW MENU

Wimpy's Beginnings

Wimpy's Shrimp Cocktail

Freshly steamed shrimp served with our spicy hot cocktail/horseradish sauce.....3.75

Stuffed Mushroom Caps

Seafood stuffing topped with melted cheddar.....2.25

Fruit & Cheese Board

Two kinds of cheese, two kinds of fruit.....2.50

Dipping Pleasure

A platter of raw veggies, assorted crackers and chips.....2.75
extra ONION dip additional......50
extra BLEU CHEESE dip additional......75

Chip 'n Dip

Large basket of chips with onion dip1.50
(bleu cheese dip 35¢ extra)

Besides That

TOSSED GREEN SALAD.....1.10
GARLIC BREAD.....1.00
STEAK FRIES BIG and delicious......85

Marinated Artichoke Hearts

.....1.65

Sauteed Mushrooms

in herb butter sauce.....1.65

Fried Cauliflower

.....1.50

Onion Soup

With seasoned croutons and melted cheese.....cup...1.15
bowl...1.50

Soup Today! (Please Ask)

Potato Skins

With cheese and a side of sour cream with chives...2.35

Hot Stuff

Wimpy's Burger

At last a namesake burger! Generous 6 oz. plain or as you like it bacon, cheese, onions, mushrooms, tomatoes, lettuce, peppers, etc., etc., add 25¢ per item with steak fries.....2.75

WIMPY'S YOUNGER BROTHER'S BURGER (Children 12 and under)

3 oz. burger with steak fries and soda.....1.50

Cool It Chili

Plenty of ground beef and hot peppers make cup.....1.25
this dish a chilling experience bowl.....2.50

The French Egg Pie (daily specials - ask price)

Traditional quiche made with country fresh eggs, cream, and aged swiss cheese in a flaky crust served with garden salad

Hot Roast Beef

On bread, topped with brown gravy and served with a crisp salad.....3.75

Hot Turkey

On bread with giblet gravy, served with cranberry sauce and a fresh garden salad.....3.50

That's Some Tomato!

Fresh tomato stuffed with tuna, covered with cheddar cheese and buttered bread crumbs, served with a salad...3.95

Ernie's Lascivious Livers

Tender chicken livers, bacon and delicately sauteed mushrooms all oven-broiled & served with a side of steak fries.....3.75

Heart To Heart

Marinated artichoke hearts with delicious bread crumb stuffing, topped with cheese and oven-broiled.....2.50

New York's Finest

Sauteed mushrooms top off this choice 8 oz. sirloin served open-faced on toast points with tomato and lettuce garnish and a side of steak fries.....5.95

Tenderloin Moments

A shishkabob of lean tenderloin tips, onions peppers and tomatoes broiled to perfection and served on a bed of rice pilaf.....4.25

Terry's Tempting Taco

Let Terry tempt you with a tasty taco and a cup of chili.....2.75

Some Like It Hot

Hotter than ---! A platter of nachos topped with hot cheese sauce and a side of even hotter special Wimpy Mexican herb sauce1.95

ask about our daily specials

Crepe Corner

Chicken Pluckin'

A mixture of white chicken meat, raw mushrooms and fresh broccoli - all drenched in a cheese sauce ...4.25

Wrap It Up

Asparagus, ham and turkey wrapped in delicate crepe, covered with melted cheese.....3.95

Seafood Crepe

A delicious seafood newburg filling, garnished with pepper rings.....4.75

Grande Slam Ham

A delightful blend of spinach, ham and mushrooms...3.65
Above served with a crisp green salad

Sweet Pea's Garden

Fresh Fruit Combo

Half of a fresh pineapple generously filled with cottage cheese, sliced banana, cantaloupe wedges, orange slices and fresh strawberries..... (in season)

The Cook's Creation

Crisp lettuce creatively covered with juliënne strips of ham, turkey and cheese, sliced raw mushrooms, egg and tomato wedges, sweet onion and bacon bits.....3.95

Popeye's Secret Weapon

Lots of crunchy spinach loaded with sliced raw mushrooms, black olives, chunks of swiss and bacon bits.....2.95

It's Italian

Our special antipasto (serves 2)4.75

Lookin' Goode

Tuna salad on a bed of lettuce, circled with egg quarters, tomato wedges, cucumber slices, sliced raw mushrooms, celery and carrot sticks3.75

Natural Yogurt

With chopped fresh fruit, honey and nuts.....2.50

old standbys

Your choice of bread whole wheat, pumpernickle, light rye, white or water roll Chips and a half sour pickle

roast beef.....2.65 corned beef.....2.45

pastrami.....2.65 ham.....2.35

combinations

J.W.'s Own

Roast beef, sliced raw mushrooms and melted cheddar2.85

Plain & Simple

Melted cheddar over sliced mushrooms and green olives1.95

Ham It Up

Our savory ham is covered with sweet peppers under melted swiss cheese.....2.95

The Gobbler

Sliced breast of turkey with lettuce and tomato.....2.65

How Sweet It Is!

Hot pastrami with sliced sweet onions and swiss cheese.....2.75

Go Fish

Tuna salad drenched with cheddar cheese, topped with tomato slices2.05

The Dagwood

Sliced turkey, ham, roast beef, two kinds of cheese and our special dagwood sauce.....3.25

The Reuben

It's a triple decker! Shaved corned beef, sauerkraut and swiss cheese with our own special dressing.....3.25

All American

Layers of melted American cheese, cucumbers and tomatoes.....1.85

Shark Bait

Tuna salad with lettuce and tomato.....2.65

The Pope's Pleasure

Homemade keilbasa piled high on light rye with sauerkraut and imported cheddar cheese.....2.65

La French Dip

Roast beef on French bread - with side of au jus for dipping.....2.95

Peanut Butter Blast

Creamy peanut butter, mouthwatering strawberry preserves and sliced bananas on your choice of bread.....1.85

lighter side

Soup of the day with small garden salad (chowder 25¢ extra).....2.45

half way

Half an Old Standby plus your choice of soup OR salad (chowder 25¢ extra).....2.50

Who Could Resist!

cheesecake

NEW YORK STYLE.....1.50
with strawberries.....1.75

gone bananas

A slice of deep dish banana bread with vanilla ice cream, hot fudge, sliced bananas and whipped cream.....1.85

here's mud in your eye

Hot fudge and whipped cream complement this wedge of coffee ice cream pie on a chocolate wafer crust.....1.85

a crepe to change any mood

A dessert crepe filled with vanilla ice cream, whipped cream and covered with your choice of hot fudge sauce OR strawberries.....1.85

grasshopper sunday

Crumbled chocolate wafers layered between scoops of vanilla ice cream, green creme de menthe liqueur and whipped cream.....1.85

pineapple dream

Sour cream pineapple delight in a buttery graham cracker crust.....1.35

the brownie blitz

A real team effort! Rich chocolate brownie, scoop of vanilla ice cream, hot fudge and whipped cream.....2.25

hot fudge parfait

.....1.45

strawberry parfait

.....1.45

J.W. Wimpy's Walnut St. Ext., Agawam 786-0951